



Enshake

High energy nutritional supplement mix

PRESENTATION

- Presented in cartons of 6 single-serving sachets (96.5 g) providing 600 kcal per serving when reconstituted with 240 ml whole milk.
- Available in banana, chocolate, strawberry and vanilla flavours.

USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a nutritional supplement for patients who cannot or are unable to eat sufficient quantities of everyday food and drink to meet their nutritional requirements.

Not suitable as a sole source of nutrition.

INDICATIONS/COMMUNITY USE

For the dietary management of patients with, or at risk of developing, disease related malnutrition and those with increased energy requirements.

Available on the GMS (General Medical Services) Scheme in Ireland.

Further HSE Online Application Approval required.

STORAGE & DIRECTIONS FOR USE

- Store sachets in a cool, dry place but not refrigerated.
- Pour 240 ml whole milk into a jug or shaker.
- Empty the contents of one sachet into the milk.
- Mix with a whisk or shaker. For a frothy shake, use an electric blender.
- Pour into a glass and serve.
- Once reconstituted, cover and refrigerate. Discard any unused liquid after 24 hours.

PRECAUTIONS

- In patients receiving some medications there may be a risk of drug nutrient interactions (e.g. warfarin and vitamin K). Careful prescribing and monitoring practices will serve to reduce the risk (please refer to pharmacist).
- Do not make any additions to the feed without consulting your pharmacist or dietitian.
- Many nutritional products contain sucrose and other sugars. It is important for patients who are taking supplements as sip feeds to observe good oral hygiene. It is suggested that patients consult with their dentist for further advice.
- Not intended for use in children unless recommended by a physician or other qualified healthcare professional.

CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- Suitable for people with diabetes provided that routine glucose checks are performed.
- Not for use in galactosaemia.
- Do not use in children under 1 year of age. Use with caution in children under 6 years of age.

INGREDIENTS

Corn syrup, high oleic sunflower oil, calcium caseinate (*milk* protein), *soy* oil, coconut oil, sucrose, milk protein isolate, sodium citrate, *soy* protein isolate, magnesium sulphate, potassium phosphate, flavourings, potassium chloride, potassium citrate, calcium carbonate, vitamin C, antioxidants: E304, E306, sweetener: E950, vitamin E, vitamin A palmitate, beta-carotene, vitamin K, vitamin D.

Note: all information based on vanilla flavour. Some minor differences exist between flavours.

GENERAL INFORMATION

NB All data are for Enshake when prepared as directed, reconstituted with 240 ml whole milk.

Energy density 1.94 kcal/ml

Energy distribution (as fed):

Protein	11.20%
Carbohydrate	52.28%
Fat	36.52%

Osmolarity 746 mOsm/L

Osmolality 1050 mOsm/kg H₂O

Gluten free? ✓

Clinically lactose free? ✗

Milk free? ✗

Suitable for vegetarians? ✓¹

Suitable for Halal diets? ✓

Suitable for Kosher diets? ✓

For suitability for other diets and free-from information, please contact the Freephone Dietetic Helpline on 1800 411 411.

1. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.

Enshake

4 FLAVOURS

GMS APPROVED

High energy, powdered nutritional drink* for the dietary management of disease-related malnutrition. Enshake may also be added to foods as a 'fortifier'.

NUTRITIONAL INFORMATION	UNIT	PER 96.5g POWDER	PER 310mL SERVING*
Energy	kJ	1835	2528
	kcal	436	602
Protein (nitrogen)	g	8.11 (1.30)	16 (2.56)
Carbohydrate	g	67.1	78.9
of which sugars	g	10.6	23
Fat	g	15.1	24.7
of which saturates	g	4.44	10
Fibre	g	0	0
Salt	g	0.81	1.1
VITAMINS			
Vitamin A (RE)	µg	310	447
of which β-carotene (RE)	µg	30.9	40
Vitamin D ₃	µg (IU)	6.27 (251)	6.3 (254)
Vitamin E (α TE)	mg	6.76	7
Vitamin K ₁	µg	45.4	45
Vitamin C	mg	45.4	48
Thiamin (Vitamin B ₁)	mg	0	0.07
Riboflavin (Vitamin B ₂)	mg	0	0.58
Vitamin B ₆	mg	0	0.14
Niacin (NE)	mg	0	0.48
Folic Acid	mg	0	19.2
Vitamin B ₁₂	µg	0	2.16
Pantothenic Acid	mg	0	1.44
Biotin	µg	0	6.24
MINERALS			
Sodium	mg (mmol)	322 (14.0)	458 (19.9)
Potassium	mg (mmol)	425 (10.9)	771 (19.7)
Magnesium	mg (mmol)	86.9 (3.57)	114 (4.69)
Phosphate	mg (mmol)	131 (4.24)	359 (11.6)
Calcium	mg (mmol)	172 (4.28)	456 (11.4)
Chloride	mg (mmol)	180 (5.09)	428 (12.1)
Iron	mg	0	0.07
Zinc	mg	0	0.96
Copper	mg	trace	trace
Iodine	µg	0	76.8
Selenium	µg	0	2.4
Manganese	mg	trace	trace
Chromium	µg	0	0
Molybdenum	µg	0	0
Osmolality	mOsm/kg H ₂ O		1050
Osmolarity	mOsm/litre		746
Water	g/100ml		217

ORDER CODES†

Banana: P512 Chocolate: P510 Strawberry: P511 Vanilla: P509