

# Ensure Compact Protein

2.4 kcal/ml, high energy, high protein, oral nutritional supplement, rich in vitamin D with sugar and sweeteners

FOR HEALTHCARE PROFESSIONAL USE ONLY

## PRESENTATION

- Presented in 125 ml (300 kcal) bottles
- Available in banana and vanilla flavours.

## USES

Food for Special Medical Purposes, for use under medical supervision.

For the dietary management of patients with, or at risk of developing, disease-related malnutrition. This product is suitable as a supplemental source of nutrition.

Recommended intake: 2 servings per day as a supplement. Do not exceed 4 servings per day.

Available on the GMS (General Medical Services) Scheme.

No HSE Online Application Approval required.

## INDICATIONS / COMMUNITY USE

Suitable for malnourished or nutritionally at-risk patients with:

- Poor muscle mass
- Pulmonary rehabilitation
- Poor wound healing (e.g. surgical wounds)
- Congestive heart failure
- Acute myocardial infarction
- Pneumonia
- Chronic obstructive pulmonary disease
- Cancer

## STORAGE & DIRECTIONS FOR USE

- Store unopened at room temperature.
- Ready for use. Open immediately prior to use.
- Shake well before use.
- Best served chilled unless bolus feeding is indicated, in which case the product should be administered at room temperature.
- May also be served as warm drinks. Do not boil.
- Once opened, cover, refrigerate and discard unused feed after 24 hours.
- Ensure Compact Protein bottles will attach to all Abbott giving sets.

## PRECAUTIONS

- Monitor fluid intake to ensure adequate hydration status.
- 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).
- Patients should not make any additions to the feed without consulting their 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.
- Unless recommended by a healthcare professional, not intended for use in children.

## CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

## INGREDIENTS

Water, hydrolysed corn starch, vegetable oils (canola, high oleic sunflower, corn), **milk** protein concentrate, hydrolysed **milk** protein, collagen hydrolysate, sucrose, hydrolysed whey protein (**milk** protein), calcium HMB\*, minerals (potassium citrate, disodium phosphate, potassium hydroxide, potassium phosphate dibasic, potassium chloride, magnesium hydroxide, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, potassium iodide, sodium molybdate, chromium chloride, sodium selenate), flavourings, emulsifier: **soy** lecithin, stabilisers (E460, E466), choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, B1, B6, B2, vitamin A palmitate, folic acid, K1, D3, biotin, B12), sweeteners (E950, E955).

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

\*  $\beta$  - hydroxy -  $\beta$ -methylbutyrate

## GENERAL INFORMATION

Energy density	2.4 kcal/ml
Energy distribution:	
Protein	24.0%
Carbohydrate	37.3%
Fat	37.5%
HMB*	1.2%
Renal solute load	1057 mOsm/l
Osmolarity	890 mOsm/l
Osmolality	1400 mOsm/kg H <sub>2</sub> O
Gluten free?	✓
Clinically lactose free?	✗
Milk free?	✗
Suitable for Halal diet?	✓
Suitable for Kosher diet?	✗
Suitable for vegetarians?	✗

For suitability for other diets and “free from” information, please contact the Freephone Nutrition Helpline on 1800 411 411.

References available on request.

Date of preparation: May 2022



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## NUTRITION INFORMATION

	units	per 100 ml	per 125 ml
<b>Energy</b>	kJ	1008	1260
	kcal	240	300
Fat	g	10	12.5
- of which saturates	g	1.0	1.3
- of which MCT**	g	trace	trace
Carbohydrate	g	22.4	28.0
of which sugars	g	5.0	6.25
Protein (nitrogen)	g	14.4 (2.30)	18 (2.88)
Salt	g	0.5	0.62
<b>Vitamins</b>			
Vitamin A (RE)	µg	155	194
Vitamin D <sub>3</sub>	µg	10	13
	IU	400	500
Vitamin E (α TE)	mg	4.7	5.9
Vitamin K <sub>1</sub>	µg	21	26
Vitamin C	mg	21	26
Folacin (folic acid)	µg	48	60
Thiamin (vitamin B <sub>1</sub> )	mg	0.35	0.44
Riboflavin (vitamin B <sub>2</sub> )	mg	0.47	0.59
Vitamin B <sub>6</sub>	mg	0.47	0.59
Vitamin B <sub>12</sub>	µg	0.97	1.21
Niacin (NE)	mg	4.4	5.5
Pantothenic acid	mg	1.5	1.9
Biotin	µg	8.0	10
<b>Minerals and other nutrients</b>			
Sodium	mg (mmol)	198 (8.61)	248 (10.76)
Potassium	mg (mmol)	500 (12.79)	625 (15.99)
Chloride	mg (mmol)	80 (2.26)	100 (2.83)
Calcium	mg (mmol)	318 (7.93)	398 (9.91)
Phosphorus (phosphate)	mg (mmol)	230 (7.43)	288 (9.29)
Magnesium	mg (mmol)	20 (0.82)	25 (1.03)
Iron	mg	3.4	4.3
Zinc	mg	2.9	3.6
Manganese	mg	0.6	0.75
Copper	mg	0.32	0.40
Iodine	µg	38	48
Selenium	µg	12	15
Chromium	µg	10	13
Molybdenum	µg	20	25
Choline	mg	97	121
HMB*	g	0.96	1.2
CaHMB***	g	1.2	1.5
Water	g	63.6	79.5

## PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/125 ml
<b>Protein source</b>			
Milk protein concentrate	50	7.20	9.00
Hydrolysed milk protein	25	3.60	4.50
Collagen hydrolysate	13.75	1.98	2.48
Hydrolysed whey protein	11.25	1.62	2.03
<b>Amino acids</b>			
<b>- Essential</b>			
Histidine	2.10	0.30	0.37
Isoleucine	4.51	0.65	0.81
Leucine	8.28	1.19	1.49
Lysine	7.35	1.06	1.32
Methionine	2.27	0.33	0.41
Phenylalanine	3.93	0.57	0.71
Threonine	4.12	0.59	0.74
Tryptophan	1.21	0.17	0.21
Valine	5.29	0.76	0.95
<b>- Non-essential and conditionally essential</b>			
Alanine	4.11	0.59	0.74
Aspartic acid	5.49	0.79	0.99
Cystine	1.07	0.15	0.19
Glutamic acid	12.51	1.80	2.25
Glycine	4.86	0.70	0.87
Proline	9.22	1.33	1.66
Serine	4.74	0.68	0.85
Tyrosine	3.97	0.57	0.71
Asparagine	1.85	0.27	0.34
Glutamine	6.95	1.00	1.25
Arginine	3.94	0.57	0.71
Non-protein calorie: N	79 : 1		

## CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/125 ml
<b>Carbohydrate source</b>			
Corn syrup	89.44	20.03	25.04
Sucrose	10.05	2.25	2.81
Stabilisers: E460 (cellulose); E466 (carboxymethyl cellulose)	0.51	0.11	0.14

## FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	g/125 ml	
<b>Fat source</b>				
High oleic sunflower oil	38.66	3.87	4.83	
Canola oil	38.66	3.87	4.83	
Corn oil	19.33	1.93	2.42	
Soy lecithin	3.35	0.34	0.42	
<b>Fatty acids</b>				
<b>- Essential</b>				
Linoleic acid	C18:2	22.29	2.19	2.74
Linolenic acid	C18:3	3.63	0.36	0.45
<b>- Monounsaturated</b>				
Palmitoleic acid	C16:1	0.14	0.01	0.01
Oleic acid	C18:1	58.94	5.80	7.25
Gadoleic acid	C20:1	0.63	0.06	0.08
Erucic acid	C22:1	0.28	0.03	0.04
<b>- Saturated</b>				
Caproic acid	C6:0	-	-	-
Caprylic acid	C8:0	-	-	-
Capric acid	C10:0	-	-	-
Lauric acid	C12:0	0.04	trace	trace
Myristic acid	C14:0	0.05	trace	trace
Palmitic acid	C16:0	5.59	0.55	0.69
Margaric acid	C17:0	0.05	trace	trace
Stearic acid	C18:0	2.29	0.23	0.29
Arachidic acid	C20:0	0.43	0.04	0.05
Behenic acid	C22:0	0.59	0.06	0.07
Tricosanoic acid	C23:0	-	-	-
Lignoceric acid	C24:0	0.17	0.02	0.03
P/S ratio		2.82		
n6 : n3		6.2 : 1		

\* β-hydroxy-β-methylbutyrate  
 \*\* medium-chain triglycerides (C6:0 - C12:0)  
 \*\*\* calcium β-hydroxy-β-methylbutyrate