

Ensure Compact

2.4 kcal/ml complete nutritional supplement drink

FOR HEALTHCARE PROFESSIONAL USE ONLY

PRESENTATION

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

USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a nutritional supplement or sole source of nutrition for patients who cannot or will not eat sufficient quantities of everyday food and drink to meet their nutritional needs.

Nutritionally complete for vitamins and minerals in 625 ml (excluding sodium, potassium, chloride and magnesium) calculated using the UK Reference Nutrient Intake for men aged 19-50 years. When excluding sodium, potassium and chloride only, Ensure Compact is nutritionally complete for vitamins and minerals in 1500ml. EFSA Dietary Reference Values available on request.

INDICATIONS / COMMUNITY USE

For the dietary management of patients with, or at risk of developing, disease-related malnutrition.

Available on the GMS (General Medical Services) Scheme.

No HSE Online Application Approval required.

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 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, **milk** proteins, vegetable oils (canola, high oleic sunflower, corn), sucrose, minerals (potassium chloride, calcium citrate, magnesium phosphate dibasic, ferrous sulphate, potassium citrate, zinc sulphate, manganese sulphate, cupric sulphate, potassium iodide, sodium molybdate, chromium chloride, sodium selenate), emulsifier: **soy** lecithin, flavourings, acidity regulator: E525, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, B₆, B₁, B₂, vitamin A palmitate, folic acid, K₁, biotin, D₃, B₁₂), stabilisers (E460, E466).

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

GENERAL INFORMATION

Energy density	2.4 kcal/ml
Energy distribution:	
Protein	17.0%
Carbohydrate	47.9%
Fat	35.1%
Renal solute load	740 mOsm/l
Osmolarity	676 mOsm/l
Osmolality	1052 mOsm/kg H ₂ O
Gluten free?	✓
Clinically lactose free?	✗
Milk free?	✗
Suitable for vegetarians?	✓ ^{1, 2}
Suitable for vegan diet?	✗
Suitable for Halal diet?	✓
Suitable for Kosher diet?	✓ except strawberry flavour

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

1. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.
2. Strawberry flavour contains E120 (cochineal) which some people may consider to be a meat product.

Ensure Compact

4 FLAVOURS

GMS APPROVED

2.4kcal/mL complete, balanced nutritional supplement drink for the dietary management of disease-related malnutrition.

NUTRITIONAL INFORMATION	UNIT	PER 100mL	PER BOTTLE (125mL)
Energy	kJ	1008	1261
	kcal	240	300
Protein (nitrogen)	g	10.2 (1.63)	12.8 (2.05)
Carbohydrate	g	28.8	36.0
of which sugars	g	6.2	7.8
Fat	g	9.35	11.7
of which saturates	g	0.8	1.0
Fibre	g	0	0
Salt	g	0.36	0.45
VITAMINS			
Vitamin A (RE)	µg	155	194
Vitamin D ₃	µg (IU)	3 (120)	3.8 (150)
Vitamin E (α TE)	mg	4.7	5.9
Vitamin K ₁	µg	21	26
Vitamin C	mg	21	26
Folic Acid	µg	48	60
Thiamin (Vitamin B ₁)	mg	0.35	0.44
Riboflavin (Vitamin B ₂)	mg	0.47	0.59
Vitamin B ₆	mg	0.47	0.59
Vitamin B ₁₂	µg	0.97	1.2
Niacin (NE)	mg	4.4	5.5
Pantothenic Acid	mg	1.5	1.9
Biotin	µg	7.5	9.4
MINERALS			
Sodium	mg (mmol)	145 (6.31)	181 (7.9)
Potassium	mg (mmol)	215 (5.5)	269 (6.9)
Magnesium	mg (mmol)	20 (0.82)	25 (1.0)
Phosphate	mg (mmol)	170 (5.49)	213 (6.9)
Calcium	mg (mmol)	170 (4.24)	213 (5.3)
Chloride	mg (mmol)	145 (4.09)	181 (5.10)
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	38.4	48
Selenium	µg	12	15
Chromium	µg	10	13
Molybdenum	µg	20	25
Choline	mg	97	121
Osmolality	mOsm/kg H ₂ O		1052
Osmolarity	mOsm/litre		676
Water	g	64.3	80.4
Renal solute load	mOsm/litre		710

ORDER CODES

Banana: S603 Cafi Latta: S811 Strawberry: S602 Vanilla: S601