

Ensure Plus Advance

1.5 kcal/ml nutritional supplement drink with increased protein and vitamin D*

PRESENTATION

- Presented in 220 ml (330 kcal) bottles
- Available in banana, chocolate, coffee, strawberry and vanilla flavours.

USES

Food for Special Medical Purposes: For the dietary management of people with, or at risk of malnutrition. Complete, balanced nutritional supplement drink with increased levels of protein and vitamin D compared to standard supplements. Also contains fructo-oligosaccharides (FOS).

This product is suitable as a nutritional supplement, to be used under medical supervision. Dosage recommendation: 2 bottles per day.

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
- Older patients

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.
- Once opened, cover, refrigerate and discard unused feed after 24 hours.
- Ensure Plus Advance bottles will attach to all Abbott giving sets.

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).
- 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.
- When feeding to patients with dysphagia, please thicken the product as appropriate.

CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- Not intended for use in children unless recommended by a healthcare professional.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

INGREDIENTS

Water, hydrolysed corn starch, **milk** proteins, sucrose, vegetable oils (canola, corn), **soy** protein isolate, minerals (potassium citrate, sodium citrate, calcium phosphate tribasic, magnesium carbonate, potassium chloride, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, potassium iodide, chromium chloride, sodium selenate), fructo-oligosaccharides (FOS), calcium β -hydroxymethylbutyrate monohydrate (CaHMB), flavouring, emulsifier: **soy** lecithin, stabilisers (E460, E466, E418), choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, beta carotene, B₆, B₁, B₂, vitamin A palmitate, folic acid, K₁, D₃, biotin, B₁₂), L-carnitine.

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

GENERAL INFORMATION

Energy density	1.5 kcal/ml
Energy distribution (%):	
Protein	24.3%
Carbohydrate	44.8%
Fat	28.8%
Fibre (FOS)	1.00%
HMB	1.10%
Renal solute load	671 mOsm/l
Osmolarity	557 mOsm/l
Osmolality	730 mOsm/kg H ₂ O
Gluten free?	✓
Clinically lactose free?	✗
Milk free?	✗
Suitable for vegetarians?	✓ ^{1,2}
Suitable for Halal diet?	✓
Suitable for Kosher diet?	✓

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

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

* Compared to standard supplements

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NUTRITION INFORMATION

	units	per 100 ml	per 220 ml
Energy	kJ	631	1388
	kcal	150	330
Fat	g	4.80	11
- of which saturates	g	0.45	0.99
- of which MCT**	g	-	-
Carbohydrate	g	16.8	37
- of which sugars	g	6.8	15.0
Fibre	g	0.75	1.7
- of which FOS	g	0.75	1.7
Protein (nitrogen)	g	9.10 (1.46)	20 (3.2)
Salt	g	0.38	0.84
HMB	g	0.55	1.2
Vitamins			
Vitamin A (RE)	µg	120	264
- of which β-carotene	µg	60	132
Vitamin D ₃	µg	5.7	13
	IU	227	500
Vitamin E (α TE)	mg	2.5	5.5
Vitamin K ₁	µg	15	33
Vitamin C	mg	16	35
Folacin (folic acid)	µg	35	77
Thiamin (vitamin B ₁)	mg	0.26	0.57
Riboflavin (vitamin B ₂)	mg	0.32	0.70
Vitamin B ₆	mg	0.30	0.66
Vitamin B ₁₂	µg	0.65	1.4
Niacin (NE)	mg	3.0	6.6
Pantothenic acid	mg	1.1	2.4
Biotin	µg	6.0	13
Minerals			
Sodium	mg (mmol)	150 (6.52)	330 (14.3)
Potassium	mg (mmol)	270 (6.91)	594 (15.2)
Chloride	mg (mmol)	63 (1.78)	139 (3.92)
Calcium	mg (mmol)	227 (5.66)	499 (12.5)
Phosphorus (phosphate)	mg (mmol)	118 (3.81)	260 (8.32)
Magnesium	mg (mmol)	25 (1.03)	55 (2.29)
Iron	mg	2.1	4.6
Zinc	mg	1.75	3.9
Manganese	mg	0.45	0.99
Copper	mg	0.25	0.54
Iodine	µg	22	48
Selenium	µg	9.0	20
Chromium	µg	8.5	19
Molybdenum	µg	15	33
Taurine	mg	0	0
L-carnitine	mg	18	40
Choline	mg	70	154
Water	g	76.5	168

**medium-chain triglycerides (C6:0 - C12:0)

PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/220 ml
Protein source			
Sodium caseinate	40	3.64	8.01
Milk protein concentrate / isolate	35	3.19	7.02
Soy protein isolate	15	1.37	3.01
Whey protein concentrate	10	0.91	2.00
Amino acids			
- Essential			
Histidine	2.47	0.22	0.48
Isoleucine	4.89	0.45	0.99
Leucine	8.94	0.81	1.78
Lysine	7.46	0.68	1.50
Methionine	2.36	0.21	0.46
Phenylalanine	4.68	0.43	0.95
Threonine	4.52	0.41	0.90
Tryptophan	1.31	0.12	0.26
Valine	5.74	0.52	1.14
Arginine	3.88	0.35	0.77
- Non-essential			
Alanine	3.36	0.31	0.68
Aspartic acid	3.79	0.34	0.75
Cystine	0.81	0.07	0.15
Glutamic acid	10.45	0.95	2.09
Glycine	2.21	0.20	0.44
Proline	9.01	0.82	1.80
Serine	5.35	0.49	1.08
Tyrosine	4.65	0.42	0.92
Asparagine	4.34	0.40	0.88
Glutamine	9.85	0.90	1.98
Non-protein calorie: N	78 :1		

CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/220 ml
Carbohydrate source			
Corn syrup	64.5	10.8	23.8
Sucrose	34.8	5.85	12.9
Stabilisers: E460 (cellulose); E466 (carboxymethyl cellulose)	0.55	0.09	0.20
Fructo-oligosaccharide powder	0.22	0.04	0.09

* Compared to standard supplements

FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	g/220 ml	
Fat source				
Canola oil	61.6	2.96	6.51	
Corn oil	34.7	1.67	3.67	
Lecithin	3.70	0.18	0.40	
Fatty acids	g/100 g fat	g/100 ml	g/220 ml	
- Essential				
Linoleic acid	C18:2	31.9	1.47	3.23
Linolenic acid	C18:3	5.69	0.26	0.57
- Monounsaturated				
Palmitoleic acid	C16:1	0.17	0.01	0.02
Oleic acid	C18:1	46.6	2.14	4.71
Gadoleic acid	C20:1	0.95	0.04	0.09
Erucic acid	C22:1	0.45	0.02	0.04
- Saturated				
Caproic acid	C6:0	-	-	-
Caprylic acid	C8:0	-	-	-
Capric acid	C10:0	-	-	-
Lauric acid	C12:0	-	-	-
Myristic acid	C14:0	0.09	trace	trace
Palmitic acid	C16:0	6.76	0.31	0.68
Margaric acid	C17:0	0.09	trace	trace
Stearic acid	C18:0	1.76	0.08	0.18
Arachidic acid	C20:0	0.50	0.02	0.04
Behenic acid	C22:0	0.46	0.02	0.04
Tricosanoic acid	C23:0	-	-	-
Lignoceric acid	C24:0	0.16	0.01	0.02
P/S ratio	3.84			
n6 : n3	5.6 : 1			

FIBRE

	% total fibre	g/100 ml	g/220 ml
Fibre source			
Fructo-oligosaccharide powder	97.9	0.73	1.61
Stabilisers: E460 (cellulose); E466 (carboxymethyl cellulose)	2.11	0.02	0.04
Soluble fibre content: 100%			

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