

# Ensure Plus

1.5kcal/ml high energy, complete and balanced nutrition

FOR HEALTHCARE PROFESSIONAL USE ONLY

## PRESENTATION

- Presented in 200 ml (300 kcal) bottles
- Available in banana, chocolate, fruits of the forest, raspberry, strawberry and vanilla flavours.

## USES

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

Nutritionally complete for vitamins and minerals in 1000 ml (excluding electrolytes, calculated using the UK Reference Nutrient Intake for men aged 19-50 years). 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 in Ireland.

No HSE Online Application Approval required.

## STORAGE & DIRECTIONS

- 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.
- Ensure Plus range bottles will attach to all Abbott giving sets.
- Once opened, unused product should be resealed and stored in a refrigerator. Unused contents should be discarded 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).
- 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, maltodextrin, hydrolysed corn starch, **milk** proteins, sucrose, vegetable oils (canola, corn), minerals (sodium citrate, potassium citrate, magnesium chloride, potassium chloride, magnesium phosphate dibasic, calcium phosphate tribasic, potassium phosphate dibasic, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, potassium iodide, chromium chloride, sodium selenate), **soy** protein isolate, flavourings, stabilisers (E460, E466, E418), emulsifier: **soy** lecithin, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, vitamin B<sub>6</sub>, vitamin B<sub>1</sub>, vitamin B<sub>2</sub>, vitamin A palmitate, beta carotene, folic acid, vitamin K<sub>1</sub>, biotin, vitamin D<sub>3</sub>, vitamin B<sub>12</sub>).

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

## GENERAL INFORMATION

Energy density 1.5 kcal/ml

Energy distribution:

Protein	16.7%
Carbohydrate	53.8%
Fat	29.5%

Renal solute load 468 mOsm/L

Osmolarity 509 mOsm/L

Osmolality 660 mOsm/kg H<sub>2</sub>O

Gluten free? ✓

Clinically lactose free? ✓<sup>1</sup>

Milk free? ✗

Suitable for vegetarians? ✓<sup>2,3</sup>

Suitable for halal diets? ✓

Suitable for kosher diets? ✓<sup>2</sup> Except for fruits of the forest, raspberry and strawberry flavours

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

1. Typical lactose value: <2000 mg/L
2. Fruits of the forest, raspberry and strawberry flavours contain E120 (cochineal) which some people may consider to be a meat product.
3. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.

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## NUTRITION INFORMATION

	units	per 100 ml	per 200 ml
<b>Energy</b>	kJ	632	1263
	kcal	150	300
Fat	g	4.92	9.84
- of which saturates	g	0.45	0.90
Carbohydrate	g	20.2	40.4
- of which sugars	g	6.50	13
Protein (nitrogen)	g	6.25 (1.00)	12.5 (2.00)
Salt	g	0.23	0.46
Fibre	g	0	0

### Vitamins

Vitamin A (RE)	µg	117	233
- of which β-carotene	µg	29	58
Vitamin D <sub>3</sub>	µg (IU)	2.0 (80)	4.0 (160)
Vitamin E (α TE)	mg	2.1	4.3
Vitamin K <sub>1</sub>	µg	12	24
Vitamin C	mg	12	24
Folacin (folic acid)	µg	40	80
Thiamin (vitamin B <sub>1</sub> )	mg	0.20	0.40
Riboflavin (vitamin B <sub>2</sub> )	mg	0.27	0.54
Vitamin B <sub>6</sub>	mg	0.27	0.54
Vitamin B <sub>12</sub>	µg	0.55	1.1
Niacin (NE)	mg	2.6	5.2
Pantothenic acid	mg	1.1	2.2
Biotin	µg	6.0	12

### Minerals and other nutrients

Sodium	mg (mmol)	92 (4.00)	184 (8.00)
Potassium	mg (mmol)	160 (4.09)	320 (8.18)
Chloride	mg (mmol)	110 (3.10)	220 (6.21)
Calcium	mg (mmol)	120 (2.99)	240 (5.99)
Phosphorus (phosphate)	mg (mmol)	100 (3.23)	200 (6.46)
Magnesium	mg (mmol)	30 (1.23)	60 (2.47)
Iron	mg	2.1	4.2
Zinc	mg	1.8	3.6
Manganese	mg	0.50	1.0
Copper	mg	0.18	0.36
Iodine	µg	22	44
Selenium	µg	8.3	17
Chromium	µg	7.5	15
Molybdenum	µg	16	32
Choline	mg	55	110
Water	g	77.4	154.8

## PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/200 ml
<b>Protein source</b>			
Milk protein concentrate/isolate	55.0	3.44	6.88
Calcium caseinate	20.0	1.25	2.50
Sodium caseinate	15.0	0.94	1.88
Soy protein isolate	10.0	0.63	1.25
<b>Amino acids</b>			
<b>- Essential</b>			
Histidine	2.85	0.18	0.36
Isoleucine	5.24	0.33	0.66
Leucine	9.73	0.61	1.22
Lysine	7.99	0.50	1.00
Methionine	2.78	0.17	0.34
Phenylalanine	4.91	0.31	0.62
Threonine	4.46	0.28	0.56
Tryptophan	1.35	0.08	0.16
Valine	6.43	0.40	0.80
<b>- Non-essential and conditionally essential</b>			
Alanine	3.37	0.21	0.42
Aspartic acid	3.52	0.22	0.44
Cystine	0.65	0.04	0.08
Glutamic acid	10.36	0.65	1.30
Glycine	2.13	0.13	0.26
Proline	9.77	0.61	1.22
Serine	5.72	0.36	0.72
Tyrosine	5.33	0.33	0.66
Asparagine	4.01	0.25	0.50
Glutamine	11.07	0.69	1.38
Arginine	4.29	0.27	0.54

Non-protein calorie: N 125 :1

## CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/200 ml
<b>Carbohydrate source</b>			
Maltodextrin	41.60	8.40	16.61
Corn syrup	30.10	6.08	12.16
Sucrose	27.52	5.56	11.12
Stabilisers: E460 (cellulose); E466 (carboxymethyl cellulose)	0.78	0.16	0.32

## FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	g/200 ml	
<b>Fat source</b>				
Canola oil	60.6	2.98	5.96	
Corn oil	35.9	1.77	3.53	
Lecithin	3.50	0.17	0.34	
<b>Fatty acids</b>	g/100 g fat	g/100 ml	g/200 ml	
<b>- Essential</b>				
Linoleic acid	C18:2	31.89	1.60	3.20
Linolenic acid	C18:3	5.58	0.28	0.56
<b>- Monounsaturated</b>				
Palmitoleic acid	C16:1	0.18	0.01	0.02
Oleic acid	C18:1	46.23	2.32	4.64
Gadoleic acid	C20:1	0.93	0.05	0.10
Erucic acid	C22:1	0.44	0.02	0.04
<b>- Saturated</b>				
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	6.87	0.34	0.67
Margaric acid	C17:0	0.09	trace	trace
Stearic acid	C18:0	1.75	0.09	0.18
Arachidic acid	C20:0	0.49	0.02	0.04
Behenic acid	C22:0	0.46	0.02	0.04
Tricosanoic acid	C23:0	-	-	-
Lignoceric acid	C24:0	0.15	0.01	0.02

P/S ratio 3.68  
n6 : n3 5.8:1

Abbott Laboratories (Ireland) Ltd., Liffey Valley Office Campus, Dublin 22, D22 X0Y3. Tel: (01) 4691500. www.abbottnutrition.ie

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