

# 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.

# Ensure Plus Milkshake Style

5 FLAVOURS

GMS APPROVED

1.5kcal/ml high energy, complete and balanced nutrition for the dietary management of patients with, or at risk of developing, disease-related malnutrition.

NUTRITIONAL INFORMATION	UNIT	PER 100mL	PER BOTTLE (200mL)
Energy	kJ	632	1263
	kcal	150	300
Protein (nitrogen)	g	6.25 (1)	12.5 (2.00)
Carbohydrate	g	20.2	40.4
of which sugars	g	6.5	13
Fat	g	4.92	9.84
of which saturates	g	0.45	0.90
Fibre	g	0	0
Salt	g	0.23	0.46
<b>VITAMINS</b>			
Vitamin A (RE)	µg	17	233
of which β-carotene (RE)	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
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
Pantothonic Acid	mg	1.1	2.2
Biotin	µg	6.0	12
<b>MINERALS</b>			
Sodium	mg (mmol)	92 (4.00)	184 (8.00)
Potassium	mg (mmol)	160 (4.09)	320 (8.18)
Magnesium	mg (mmol)	30 (1.23)	60 (2.47)
Phosphate	mg (mmol)	100 (3.23)	200 (6.46)
Calcium	mg (mmol)	120 (2.99)	240 (5.99)
Chloride	mg (mmol)	110 (3.10)	220 (6.21)
Iron	mg	2.1	4.2
Zinc	mg	1.8	3.6
Manganese	mg	0.5	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
Osmolality	mOsm/kg H <sub>2</sub> O		660
Osmolality	mOsm/litre		509
Water	g	77.4	154.8
Renal solute load	mOsm/litre		468
<b>ORDER CODES</b>			
Banana: S262 Chocolate: S256 Fruits of the Forest: S264 Strawberry: S257 Vanilla: S260			