

# Ensure Plus Fibre

1.55 kcal/ml high energy, complete and balanced nutrition with mixed fibre including FOS\*

FOR HEALTHCARE PROFESSIONAL USE ONLY

## PRESENTATION

- Presented in 200 ml (310 kcal) bottles
- Available in banana, chocolate, 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. Requires HSE Online Application Approval.

## 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 drink. Do not boil.
- Ensure Plus range bottles will attach to all Abbott Nutrition 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 supplement 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.
- Not intended for use in children unless recommended by a physician or other qualified healthcare professional.

## 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, FOS\*, **soy** protein isolate, **soy** polysaccharide, minerals (potassium citrate, magnesium chloride, calcium phosphate tribasic, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, potassium iodide, chromium chloride, sodium selenate), **oat** fibre, gum arabic, flavouring, emulsifier: **soy** lecithin, carboxymethyl cellulose, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, beta carotene, vitamin A palmitate, folic acid, K<sub>1</sub>, biotin, D<sub>3</sub>, B<sub>12</sub>), stabiliser: E418.

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

## GENERAL INFORMATION

Energy density	1.55 kcal/ml
Energy distribution:	
Protein	16.1%
Carbohydrate	52.1%
Fat	28.6%
Fibre (FOS*)	3.22%
Renal solute load	459 mOsm/L
Osmolarity	552 mOsm/L
Osmolality	730 mOsm/kg H <sub>2</sub> O
Gluten free?	✓
Clinically lactose free?	✓ <sup>1</sup>
Milk free?	✗
Suitable for vegetarians?	✓ <sup>2,3</sup> except strawberry and raspberry
Suitable for Kosher Diets?	✓ <sup>3</sup> except strawberry and raspberry
Suitable for Halal Diets?	✓ except raspberry

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

1. Typical lactose content: 592mg/L
2. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.
3. Raspberry and strawberry flavours contain E120 (cochineal) which some people may consider to be a meat product.



\*fructo-oligosaccharides

# Ensure Plus Fibre

5 FLAVOURS

GMS APPROVED

1.55 kcal/ml high energy, complete and balanced nutrition with mixed fibre including FOS<sup>+</sup> 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	652	1303
	kcal	155	310
Protein (nitrogen)	g	6.25 (1)	12.50 (2.00)
Carbohydrate	g	20.2	40.4
of which sugars	g	4.9	9.8
Fat	g	4.92	9.84
of which saturates	g	0.42	0.84
Fibre	g	2.5	5.0
of which FOS <sup>+</sup>	g	1.25	2.5
Salt	g	0.21	0.42
<b>VITAMINS</b>			
Vitamin A (RE)	µg	117	234
of which β-carotene (RE)	µg	29	58
Vitamin D <sub>3</sub>	µg (IU)	1.7 (68)	3.4 (136)
Vitamin E (α TE)	mg	2.4	4.8
Vitamin K <sub>1</sub>	µg	12	24
Vitamin C	mg	12	24
Folic Acid	µg	33	66
Thiamin (Vitamin B <sub>1</sub> )	mg	0.2	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	0.65	1.3
Niacin (NE)	mg	2.6	5.2
Pantothenic Acid	mg	1.1	2.2
Biotin	µg	6	12
<b>MINERALS</b>			
Sodium	mg (mmol)	85 (3.70)	170 (7.39)
Potassium	mg (mmol)	135 (3.45)	270 (6.92)
Magnesium	mg (mmol)	30 (1.23)	60 (2.50)
Phosphate	mg (mmol)	69 (2.23)	138 (4.42)
Calcium	mg (mmol)	70 (1.75)	140 (3.50)
Chloride	mg (mmol)	110 (3.10)	220 (6.20)
Iron	mg	2.1	4.2
Zinc	mg	1.6	3.2
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
Osmolality	mOsm/kg H <sub>2</sub> O		730
Osmolarity	mOsm/litre		552
Water	g	75.93	151.86
Renal solute load	mOsm/litre		459

## ORDER CODES

Banana: M702 Chocolate: M700 Raspberry: M701 Strawberry: P756 Vanilla: M699