

# Ensure Plus fibre

1.6 kcal/ml complete, balanced nutritional supplement drink with mixed fibre & 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 will not 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).

## COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) for the following indications:

- Disease-related malnutrition
- Total gastrectomy
- Short bowel syndrome
- Bowel fistulae
- Intractable malabsorption
- Pre-operative preparation of patients who are malnourished
- Proven inflammatory bowel disease
- CAPD
- Haemodialysis
- Dysphagia

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

## 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.
- Unless recommended by a qualified healthcare professional, not recommended for use in children.
- When feeding to patients with dysphagia, please thicken the product as appropriate.

## 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	1.6 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? ✓

Milk free? ✗

Suitable for vegetarians? ✓<sup>1,2</sup>

For suitability for other diets and free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

1. Raspberry and strawberry flavours contain 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.

\*fructo-oligosaccharides

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## NUTRITION INFORMATION

	units	per 100 ml	per 200ml
<b>Energy</b>	kJ	652	1303
	kcal	155	310
Fat	g	4.92	9.8
- of which saturates	g	0.42	0.84
- of which MCT**	g	trace	trace
Carbohydrate	g	20.2	40
- of which sugars	g	4.9	9.8
Fibre	g	2.50	5.0
- of which FOS	g	1.25	2.5
Protein (nitrogen)	g	6.25 (1.00)	13 (2.01)
Salt	g	0.21	0.42

### Vitamins

Vitamin A (RE)	µg	117	234
- of which β-carotene (RE)	µg	29	58
Vitamin D <sub>3</sub>	µg	1.7	3.3
Vitamin E (α TE)	mg	2.4	4.8
Vitamin K <sub>1</sub>	µg	12	24
Vitamin C	mg	12	24
Folacin (folic acid)	µg	33	66
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	0.65	1.3
Niacin (NE)	mg	2.6	5.2
Pantothenic acid	mg	1.1	2.2
Biotin	µg	6.0	12

### Minerals

Sodium	mg (mmol)	85 (3.70)	170 (7.39)
Potassium	mg (mmol)	135 (3.45)	270 (6.92)
Chloride	mg (mmol)	110 (3.10)	220 (6.20)
Calcium	mg (mmol)	70 (1.75)	140 (3.50)
Phosphorus (phosphate)	mg (mmol)	69 (2.23)	138 (4.42)
Magnesium	mg (mmol)	30 (1.23)	60 (2.50)
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
Water	g	75.9	152

## PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/200 ml
<b>Protein source</b>			
Sodium caseinate	66.5	4.16	8.31
Milk protein isolate	21.0	1.31	2.62
Soy protein isolate	12.5	0.78	1.56
<b>Amino acids</b>			
<b>- Essential</b>			
Histidine	2.53	0.16	0.32
Isoleucine	4.63	0.29	0.58
Leucine	8.87	0.55	1.1
Lysine	7.19	0.45	0.9
Methionine	2.34	0.15	0.30
Phenylalanine	4.86	0.30	0.60
Threonine	4.24	0.26	0.52
Tryptophan	1.23	0.08	0.16
Valine	5.77	0.36	0.72
Arginine	3.86	0.24	0.48
<b>- Non-essential</b>			
Alanine	3.12	0.20	0.40
Aspartic acid	3.36	0.21	0.42
Cystine	0.57	0.04	0.08
Glutamic acid	10.7	0.67	1.34
Glycine	2.18	0.14	0.28
Proline	9.72	0.61	1.22
Serine	5.58	0.35	0.70
Tyrosine	4.90	0.31	0.62
Asparagine	4.33	0.27	0.54
Glutamine	10.0	0.63	1.26
Non-protein calorie: N	132 : 1		

## CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/200 ml
<b>Carbohydrate source</b>			
Corn syrup	86.5	17.5	35
Sucrose	13.0	2.63	5.26
Fructo-oligosaccharide powder	0.28	0.06	0.12
Oat fibre	0.09	0.02	0.04
Soy fibre	0.09	0.02	0.04
Gum arabic	0.04	trace	trace
Carboxymethyl cellulose	0.01	trace	trace

## FIBRE

	% total fibre	g/100 ml	g/200 ml
<b>Fibre source</b>			
Fructo-oligosaccharide powder	48.9	1.22	2.44
Oat fibre	20.5	0.51	1.02
Soy fibre	18.0	0.45	0.90
Gum arabic	9.00	0.22	0.45
Carboxymethyl cellulose	3.68	0.09	0.18
Soluble fibre content: 61%			Insoluble fibre content: 39%

## FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	g/200 ml	
<b>Fat source</b>				
Canola oil	38.2	1.88	3.76	
High oleic sunflower oil	38.2	1.88	3.76	
Corn oil	19.4	0.95	1.9	
Lecithin	4.20	0.21	0.42	
<b>Fatty acids</b>	g/100 g fat	g/100 ml	g/200 ml	
<b>- Essential</b>				
Linoleic acid	C18:2	22.5	1.10	2.20
Linolenic acid	C18:3	3.78	0.18	0.36
<b>- Monounsaturated</b>				
Palmitoleic acid	C16:1	0.14	0.01	0.02
Oleic acid	C18:1	59.1	2.89	5.78
Gadoleic acid	C20:1	0.63	0.03	0.06
Erucic acid	C22:1	0.28	0.01	0.02
<b>- Saturated</b>				
Lauric acid	C12:0	0.04	trace	trace
Myristic acid	C14:0	0.05	trace	trace
Palmitic acid	C16:0	5.77	0.28	0.56
Margaric acid	C17:0	0.05	trace	trace
Stearic acid	C18:0	2.15	0.11	0.22
Arachidic acid	C20:0	0.43	0.02	0.04
Behenic acid	C22:0	0.59	0.03	0.06
Lignoceric acid	C24:0	0.17	0.01	0.02

P/S ratio	2.87
n6 : n3	6.0 : 1

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\*fructo-oligosaccharides  
\*\*medium-chain triglycerides (C6:0 - C12:0)