

Ensure Plus HP

1.25 kcal/ml high protein, complete and balanced nutrition

PRESENTATION

- Presented in 200 ml (250 kcal) bottles
- Available in vanilla and strawberry 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 1442 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
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.
- May also be served as warm drinks. Do not boil.
- 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 qualified 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, sucrose, maltodextrin, **milk** proteins, vegetable oils (high oleic sunflower, **soy**, canola), **soy** protein isolate, minerals (potassium citrate, sodium citrate, magnesium chloride, calcium carbonate, potassium chloride, calcium phosphate tribasic, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, potassium iodide, sodium molybdate, chromium chloride, sodium selenate), stabilisers (E460, E466, E418), flavouring, emulsifier: **soy** lecithin, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, B₁, B₆, vitamin A palmitate, B₂, folic acid, K₁, biotin, D₃, B₁₂).

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

GENERAL INFORMATION

Energy density	1.25 kcal/ml
Energy distribution:	
Protein	25.3%
Carbohydrate	50.9%
Fat	23.8%
Renal solute load	595 mOsm/L
Osmolarity	522 mOsm/L
Osmolality	650 mOsm/kg H ₂ O
Gluten free?	✓
Clinically lactose free?	✓ ¹
Milk free?	✗
Suitable for vegetarians?	✓ ^{2,3}
Suitable for Halal diet?	✓
Suitable for Kosher diet?	✓ Vanilla flavour only ²

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

1. Typical lactose content: 716 mg/L.
2. Strawberry flavour contains 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 HP

2 FLAVOURS

GMS APPROVED

1.25kcal/mL high protein, 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	526	1053
	kcal	125	250
Protein (nitrogen)	g	7.9 (1.26)	15.8 (2.53)
Carbohydrate	g	15.88	31.8
of which sugars	g	9.3	19
Fat	g	3.3	6.60
of which saturates	g	0.33	0.66
Fibre	g	0	0
Salt	g	0.32	0.64
VITAMINS			
Vitamin A (RE)	µg	105	210
Vitamin D ₃	µg (IU)	1.1 (44)	2.2 (88)
Vitamin E (α TE)	mg	2.0	4.0
Vitamin K ₁	µg	9.5	19
Vitamin C	mg	13	26
Folic Acid	µg	32	64
Thiamin (Vitamin B ₁)	mg	0.21	0.42
Riboflavin (Vitamin B ₂)	mg	0.24	0.48
Vitamin B ₅	mg	0.30	0.60
Vitamin B ₁₂	µg	0.40	0.80
Niacin (NE)	mg	2.5	5.0
Pantothenic Acid	mg	0.90	1.8
Biotin	µg	5.0	10.0
MINERALS			
Sodium	mg (mmol)	128 (5.57)	256 (11.1)
Potassium	mg (mmol)	220 (5.63)	440 (11.3)
Magnesium	mg (mmol)	25 (1.03)	50 (2.1)
Phosphate	mg (mmol)	88 (2.84)	176 (5.7)
Calcium	mg (mmol)	125 (3.12)	250 (6.2)
Chloride	mg (mmol)	115 (3.24)	230 (6.5)
Iron	mg	1.2	2.4
Zinc	mg	1.1	2.2
Manganese	mg	0.28	0.56
Copper	mg	0.13	0.26
Iodine	µg	16	32
Selenium	µg	5.2	10
Chromium	µg	5.0	10.0
Molybdenum	µg	11	22
Choline	mg	42	84
Osmolality	mOsm/kg H ₂ O		650
Osmolarity	mOsm/litre		522
Water	g	80.7	161
Renal solute load	mOsm/litre		595
ORDER CODES			
Strawberry: M819 Vanilla: M818			