

Ensure Shake

Powdered nutritional supplement mix

FOR HEALTHCARE PROFESSIONAL USE ONLY

PRESENTATION

- Presented in cartons of 7 single-serving sachets (57 g) providing 319 kcal per serving when reconstituted with 100 ml whole milk and 386 kcal when reconstituted with 200 ml whole milk.
- Available in banana, chocolate, strawberry and vanilla flavours.

USES

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

Not suitable as a sole source of nutrition.

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 in a cool, dry place but not refrigerated.
- Empty the contents of one sachet into a glass or shaker.
- Measure 100ml or 200 ml of whole milk.
- Add a little of the milk to the powder and mix with a fork until smooth.
- Add the remaining milk and stir until smooth.
- For a frothy shake, use a shaker or electric blender.
- Pour into a glass and serve.
- May also be prepared with warm (not boiled) milk as an alternative.
- Reconstituted Ensure Shake should be used promptly or covered, refrigerated and used within 24 hours.
- Whisk or shake again before use.

Ensure Shake can also be mixed with semi-skimmed or skimmed milk, or water. If making Ensure Shake up with liquids other than whole milk, the nutritional profile will vary.

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 with 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 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.
- Do not use in children under 1 years of age.
- Suitable for people with diabetes provided that routine glucose checks are performed.

INGREDIENTS

Skimmed **milk** powder, dried glucose, palm fat, maltodextrin, sugar, whey protein concentrate (**milk**), flavouring, minerals (magnesium sulphate, potassium phosphate, ferrous sulphate, zinc sulphate, manganese sulphate, copper sulphate, potassium iodate, sodium selenite, sodium molybdate, chromium chloride), vitamins (C, E, nicotinamide, A, calcium d-pantothenate, D₃, B₆, B₁, B₂, folic acid, K, biotin, B₁₂), colour: E160a, emulsifier: **soy** lecithin.

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

GENERAL INFORMATION

NB: All data are for Ensure Shake when prepared as directed, reconstituted with whole milk.

Energy density 1.6 kcal/ml

Energy distribution (as fed):

Protein 16.1%
Carbohydrate 53.3%
Fat 30.7%

Reconstituted with **200 ml** whole milk:

Potential renal solute load 568 mOsm/l

Osmolarity 710 mOsm/l

Osmolality 959 mOsm/kg H₂O

Reconstituted with **100 ml** whole milk:

Potential renal solute load 789 mOsm/l

Osmolarity 1044 mOsm/l

Osmolality 1614 mOsm/kg H₂O

Gluten free recipe ✓

Clinically lactose free? ✗

Milk free? ✗

Suitable for vegetarians? ✓¹

Suitable for Halal Diets? ✗

Suitable for Kosher Diets? ✗

Produced in a factory that handles celery, egg, mustard and soya.

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

1. Vitamin D₃ is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.

Ensure Shake

4 FLAVOURS

GMS APPROVED

High energy, powdered nutritional supplement mix for the dietary management of patients with, or at risk of developing, disease-related malnutrition.

NUTRITIONAL INFORMATION	UNIT	PER 100g POWDER	PER SERVING*
Energy	kJ	1852	1613
	kcal	443	386
Protein (nitrogen)	g	17.8 (2.85)	17.2 (2.75)
Carbohydrate	g	59.0	43.2
of which sugars	g	33.7	28.8
Fat	g	15.1	16.0
of which saturates	g	7.5	9.0
Fibre	g	0	0
Salt	g	0.68	0.61
VITAMINS			
Vitamin A (RE)	µg	474	344
Vitamin D ₃	µg (IU)	8.80 (352)	5.0 (200)
Vitamin E (α TE)	mg	10.6	6.1
Vitamin K ₁	µg	53.0	31.4
Vitamin C	mg	58.0	37.2
Folic Acid	µg	201	131
Thiamin (Vitamin B ₁)	mg	1.36	0.84
Riboflavin (Vitamin B ₂)	mg	1.47	1.31
Vitamin B ₆	mg	1.94	1.23
Vitamin B ₁₂	µg	1.90	2.93
Niacin (NE)	mg	16.6	10.7
Pantothenic Acid	mg	5.34	4.23
Biotin	µg	32.6	23.8
MINERALS			
Sodium	mg (mmol)	273 (11.87)	243 (10.6)
Potassium	mg (mmol)	660 (16.88)	699 (17.9)
Magnesium	mg (mmol)	78.0 (3.21)	67.2 (2.8)
Phosphate	mg (mmol)	430 (13.88)	443 (14.3)
Calcium	mg (mmol)	551 (13.75)	561 (14.0)
Chloride	mg (mmol)	493 (13.91)	448 (12.6)
Iron	mg	6.90	3.99
Zinc	mg	4.60	3.65
Manganese	mg	0.61	0.35
Copper	mg	0.54	0.31
Iodine	µg	91.0	116
Selenium	µg	25.0	16.4
Chromium	µg	7.0	4.0
Molybdenum	µg	16.0	9.12
Osmolality	mOsm/kg H ₂ O		959
Osmolarity	mOsm/litre		710
Potential renal solute load	mOsm/litre		568
ORDER CODES*			
Banana: S638 Chocolate: S637 Strawberry: S636 Vanilla: S635			