

# Ensure TwoCal

2.0 kcal/ml high energy, complete and balanced nutrition

FOR HEALTHCARE PROFESSIONAL USE ONLY

## PRESENTATION

- Presented in 200 ml (399 kcal) bottles.
- Available in banana, neutral, strawberry and vanilla flavours.

N.B. There is a separate datasheet for TwoCal Bolus (200ml).

## USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a sole source of nutrition or 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.

Nutritionally complete for vitamins and minerals in 875 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.

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 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 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.
- 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, maltodextrin, **milk** proteins, vegetable oils (high oleic sunflower, soy, canola), sucrose, fructo-oligosaccharides, minerals (magnesium chloride, potassium citrate, sodium citrate, potassium phosphate dibasic, magnesium sulphate, potassium hydroxide, potassium chloride, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, chromium chloride, sodium selenate, potassium iodide), emulsifier: **soy** lecithin, flavourings, choline chloride, vitamins (C, niacinamide, calcium pantothenate, E, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, vitamin A palmitate, folic acid, biotin, K<sub>1</sub>, D<sub>3</sub>, B<sub>12</sub>), taurine, L-carnitine.

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

## GENERAL INFORMATION

Energy density	2.0 kcal/ml
Energy distribution:	
Protein	16.8%
Carbohydrate	42.1%
Fat	40.1%
Fibre (FOS)	1.00%
Renal solute load	591 mOsm/L
Osmolarity	527 mOsm/L
Osmolality	750 mOsm/kg H <sub>2</sub> O
Gluten free?	✓
Clinically lactose free?	✗
Milk free?	✗
Suitable for vegetarians?	✓ <sup>1,2</sup> Except Strawberry flavour
Suitable for a Halal diet?	✓
Suitable for a Kosher diet?	✓ <sup>2</sup> Except Strawberry flavour

For further free-from information, please contact the Freephone Dietetic Helpline on 1800 411 411.

1. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.
2. Strawberry flavour contains E120 (cochineal) which some people may consider to be a meat product.

# Ensure TwoCal

4 FLAVOURS

GMS APPROVED

2.0kcal/mL high energy, complete and balanced nutrition for the dietary management patients with, or at risk of developing, disease-related malnutrition.

NUTRITIONAL INFORMATION	UNIT	PER 100mL	PER BOTTLE (200mL)
Energy	kJ	837	1674
	kcal	200	399
Protein (nitrogen)	g	8.4 (1.34)	16.8 (2.69)
Carbohydrate	g	21	42.0
of which sugars	g	5	10.0
Fat	g	8.9	17.8
of which saturates	g	1	2.00
Fibre	g	1	2.00
of which FOS*	g	1	2.00
Salt	g	0.20	0.40
<b>VITAMINS</b>			
Vitamin A (RE)	µg	158	316
Vitamin D <sub>3</sub>	µg (IU)	1.7 (68)	3.4 (136)
Vitamin E (α TE)	mg	3.4	6.8
Vitamin K <sub>1</sub>	µg	8.5	17
Vitamin C	mg	20	40
Folic Acid	µg	48	96
Thiamin (Vitamin B <sub>1</sub> )	mg	0.3	0.6
Riboflavin (Vitamin B <sub>2</sub> )	mg	0.29	0.58
Vitamin B <sub>6</sub>	mg	0.34	0.68
Vitamin B <sub>12</sub>	µg	0.64	1.3
Niacin (NE)	mg	3.4	6.8
Pantothenic Acid	mg	1.6	3.2
Biotin	µg	8	16
<b>MINERALS</b>			
Sodium	mg (mmol)	80 (3.48)	160 (6.96)
Potassium	mg (mmol)	175 (4.48)	350 (8.96)
Magnesium	mg (mmol)	40 (1.65)	80 (3.30)
Phosphate	mg (mmol)	120 (3.87)	240 (7.74)
Calcium	mg (mmol)	150 (3.74)	300 (7.48)
Chloride	mg (mmol)	115 (3.24)	230 (6.48)
Iron	mg	2.1	4.2
Zinc	mg	2.4	4.8
Manganese	mg	0.55	1.1
Copper	mg	0.24	0.48
Iodine	µg	16	32
Selenium	µg	9	18
Chromium	µg	10	20
Molybdenum	µg	16	32
Choline	mg	63	126
Taurine	mg	16	32
L-carnitine	mg	16	32
Osmolality	mOsm/kg H <sub>2</sub> O		750
Osmolarity	mOsm/litre		527
Water	g	70.3	140.6
Renal solute load	mOsm/litre		591
<b>ORDER CODES</b>			
Banana: S163 Neutral: S165 Strawberry: S166 Vanilla: S164			