

# Ensure TwoCal

2.0 kcal/ml complete, balanced nutritional supplement drink with FOS\*

FOR HEALTHCARE PROFESSIONAL USE ONLY

## PRESENTATION

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

Note: Ensure TwoCal is designed to be taken orally. For patients on a tube feeding regime, who prefer to use ONS to bolus feed, TwoCal 200ml is now available.

## 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 will not 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).

## 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

- 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.
- Unless recommended by a qualified healthcare professional, not intended 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, 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>
Suitable for a Halal diet?	✓
Suitable for a Kosher diet?	✓ <sup>1</sup>

For further free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

1. Strawberry flavour contains 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.

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## NUTRITION INFORMATION

	units	per 100 ml	per 200 ml
<b>Energy</b>	kJ	837	1674
	kcal	200	399
Fat	g	8.90	17.8
- of which saturates	g	1.00	2.00
- of which MCT**	g	0.01	0.02
Carbohydrate	g	21.0	42.0
- of which sugars	g	5.0	10.0
Fibre	g	1.00	2.00
- of which FOS	g	1.00	2.00
Protein (nitrogen)	g	8.40 (1.34)	16.8 (2.69)
Salt	g	0.20	0.40

### Vitamins

Vitamin A (RE)	µg	158	316
- of which β-carotene	µg	0	0
Vitamin D <sub>3</sub>	µg	1.7	3.4
Vitamin E (α TE)	mg	3.4	6.8
Vitamin K <sub>1</sub>	µg	8.5	17
Vitamin C	mg	20	40
Folacin (folic acid)	µg	48	96
Thiamin (vitamin B <sub>1</sub> )	mg	0.30	0.60
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	8.0	16

### Minerals

Sodium	mg (mmol)	80 (3.48)	160 (6.96)
Potassium	mg (mmol)	175 (4.48)	350 (8.96)
Chloride	mg (mmol)	115 (3.24)	230 (6.48)
Calcium	mg (mmol)	150 (3.74)	300 (7.48)
Phosphorus (phosphate)	mg (mmol)	120 (3.87)	240 (7.74)
Magnesium	mg (mmol)	40 (1.65)	80 (3.30)
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	9.0	18
Chromium	µg	10.0	20
Molybdenum	µg	16	32
Taurine	mg	16	32
L-carnitine	mg	16	32
Choline	mg	63	126
Water	g	70.3	141

## PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/200 ml
<b>Protein source</b>			
Milk protein concentrate	60.0	5.04	10.1
Sodium caseinate	30.0	2.52	5.04
Calcium caseinate	10.0	0.84	1.68
<b>Amino acids</b>			
<b>- Essential</b>			
Histidine	2.82	0.24	0.48
Isoleucine	5.40	0.45	0.90
Leucine	9.66	0.81	1.62
Lysine	8.30	0.70	1.40
Methionine	2.88	0.24	0.48
Phenylalanine	5.06	0.43	0.86
Threonine	4.48	0.38	0.76
Tryptophan	1.22	0.10	0.20
Valine	6.66	0.56	1.12
Arginine	3.74	0.31	0.62
<b>- Non-essential</b>			
Alanine	3.20	0.27	0.54
Aspartic acid	3.54	0.30	0.60
Cystine	0.94	0.08	0.16
Glutamic acid	10.5	0.89	1.78
Glycine	1.90	0.16	0.32
Proline	10.2	0.86	1.72
Serine	5.78	0.49	0.98
Tyrosine	5.50	0.46	0.92
Asparagine	4.02	0.34	0.68
Glutamine	11.3	0.95	1.90
Non-protein calorie: N	124	: 1	

## CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/200 ml
<b>Carbohydrate source</b>			
Corn syrup	53.0	11.1	22.3
Maltodextrin	33.5	7.04	14.3
Sucrose	13.0	2.73	5.46
Fructo-oligosaccharide powder	0.51	0.11	0.21

## FIBRE

	% total fibre	g/100 ml	g/200 ml
<b>Fibre source</b>			
Fructo-oligosaccharide powder	100	1.00	2.00

## FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	g/200 ml	
<b>Fat source</b>				
High oleic sunflower oil	60.6	5.39	10.8	
Soy oil	27.0	2.40	4.81	
Canola oil	10.0	0.89	1.78	
Lecithin	2.40	0.21	0.43	
<b>Fatty acids</b>				
		g/100 g fat	g/100 ml	g/200 ml
<b>- Essential</b>				
Linoleic acid	C18:2	20.2	1.80	3.60
Linolelaidic acid	C18:2	0.22	0.02	0.04
Alpha-linolenic acid	C18:3	2.81	0.25	0.50
<b>- Monounsaturated</b>				
Palmitoleic acid	C16:1	0.14	0.01	0.02
Oleic acid	C18:1	61.4	5.47	10.9
Petroselinic acid	C18:1	0.08	0.01	0.02
Gadoleic acid	C20:1	0.21	0.02	0.04
Erucic acid	C22:1	0.07	0.01	0.02
<b>- Saturated</b>				
Caproic acid	C6:0	-	-	-
Caprylic acid	C8:0	-	-	-
Capric acid	C10:0	-	-	-
Lauric acid	C12:0	0.06	0.01	0.02
Myristic acid	C14:0	0.03	trace	trace
Palmitic acid	C16:0	5.55	0.50	1.00
Margaric acid	C17:0	0.07	0.01	0.02
Stearic acid	C18:0	3.63	0.32	0.64
Arachidic acid	C20:0	0.37	0.03	0.06
Behenic acid	C22:0	0.62	0.06	0.12
Tricosanoic acid	C23:0	-	-	-
Lignoceric acid	C24:0	0.15	0.01	0.02
P/S ratio	2.23			
n6 : n3	7.3 : 1			

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

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