



Ensure TwoCal

2.0 kcal/ml complete, balanced nutritional supplement drink with FOS (fructo-oligosaccharides)

PRESENTATION

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

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 FOR SIP FEEDING

- 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 Nutrition giving sets.
- Once opened, unused product should be resealed and stored in a refrigerator. Unused contents should be discarded after 24 hours.
- Date and time of opening can be recorded on the lid sticker.

DIRECTIONS FOR TUBE FEEDING

- Ready for use.
- Administer at room temperature for tube feeding.
- The volume/flow rate should be adjusted to meet the patient's nutritional needs and tolerance. This product has a low viscosity and will pass down a fine nasogastric tube.
- A Flexitainer enteral nutrition container may be used if decanting is necessary.
- For gravity feeding, the use of a Flexiflo gravity gavage set is recommended.
- An Abbott enteral feeding pump may be used in conjunction with the Abbott enteral feeding system where a more accurately controlled delivery of feed is indicated. An ambulatory system is available.

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, fructooligosaccharides, minerals (magnesium chloride, sodium citrate, potassium citrate, potassium phosphate dibasic, magnesium sulphate, calcium carbonate, potassium chloride, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, chromium chloride, sodium selenate, potassium iodide), emulsifier: *soy* lecithin, flavouring, choline chloride, vitamins (C, niacinamide, calcium pantothenate, B₆, B₁, B₂, vitamin A palmitate, folic acid, biotin, K₁, D₃, B₁₂), 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 ₂ O
Gluten free?	✓
Clinically lactose free?	✓
Milk free?	✗
Suitable for vegetarians?	✓ ^{1,2}

For suitability for other diets and 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.