

# COMPLETE IN VOLUMES\*

PRODUCT	Age	19–30		31–50		51–70		>70	
	Gender	M	F	M	F	M	F	M	F
	UNITS								
<b>Ensure TwoCal HN</b> (200 mL bottle)	mL	1000	1000	1000	1000	1000	1000	1000	1000
<b>Ensure TwoCal HN RTH</b> (1000 mL RTH)	mL	1000	1000	1000	1000	1000	1000	1000	1000
<b>Ensure Plus</b> (200 mL bottle)	mL	1400	1000	1400	1000	1400	1000	1400	1000
<b>Ensure Plus can</b> (237 mL can)	mL	1185	1185	1185	1185	1185	1422	1185	1422
<b>Ensure Plus HN can</b> (250 mL can)	mL	1250	1000	1500	1000	1500	1500	1500	1500
<b>Ensure Plus HN RTH</b> (1000 mL RTH)	mL	1250	1000	1250	1000	1250	1250	1500	1500
<b>Ensure Liquid</b> (250 mL can)	mL	1250	1000	1250	1000	1250	1000	1500	1500
<b>Ensure Compact**</b> (125 mL bottle)	mL	750	625	750	625	750	750	750	750
<b>Ensure Powder Van &amp; Choc</b> (850 g can)	mL	2300	1840	2300	1840	2300	1840	2300	1840
<b>Ensure Powder Neutral</b> (850 g can)	mL	2844	2133	2844	2133	2844	2370	2844	2370
<b>Glucerna Select</b> (500 mL RTH)	mL	2000	1500	2000	1500	2000	2000	2000	2000
<b>Jevity can</b> (237 mL can)	mL	1422	1422	1422	1422	1422	1422	1896	1896
<b>Jevity RTH</b> (1000 mL RTH)	mL	1800	1400	1800	1400	1800	1400	1800	1800
<b>Jevity Plus</b> (1000 mL RTH)	mL	1600	1200	1600	1200	1600	1500	1600	1500
<b>Jevity HiCal</b> (250 mL can, 1000 mL RTH)	mL	1300	1000	1300	1000	1300	1300	1500	1500
<b>Jevity Promote</b> (1000 mL RTH)	mL	1500	1300	1500	1300	1500	1700	1700	1700
<b>Osmolite</b> (1000 mL RTH)	mL	1900	1500	1900	1500	1900	1900	1900	1900
<b>Vital 1.5kcal</b> (200 mL bottle, 1000 mL RTH)	mL	1400	1000	1400	1000	1400	1400	1400	1400

THIS IS A GUIDE ONLY AND SHOULD NOT REPLACE THE EXPERT ADVICE OF A HEALTHCARE PROFESSIONAL.

\* 'Complete in volume' calculations are based on current product formulations as listed in the Product Range Card, excluding fluoride, sodium, potassium (all products) and magnesium and manganese (Ensure Compact\*\*).

Based on Nutrient Reference Values for Australia and New Zealand accessed in September 2024: <https://www.eatforhealth.gov.au/nutrient-reference-values>

Food for Special Medical Purposes. Use under medical supervision. Abbott Australasia Pty Ltd. 299 Lane Cove Road, Macquarie Park NSW 2113. ABN 95 000 180 389. [www.abbottnutrition.com.au](http://www.abbottnutrition.com.au) Abbott Laboratories NZ Ltd. Unit D, 4 Pacific Rise, Mt. Wellington, Auckland 1060. Customer Service 0800 737 115. ANZ.2024.52726.AND.2

 **Abbott**  
life. to the fullest.™