

# ENSURE PLUS RTD



AVAILABLE IN VANILLA, CHOCOLATE,  
FRUITS OF THE FOREST AND BANANA

Ensure PLUS 1.5 kcal/mL is a calorically-dense, complete, balanced, low residue formula for the dietary management of people with, or at risk of developing malnutrition.<sup>1</sup> It is low FODMAP based on ingredients.

For the dietary management of individuals who require high-energy, complete, balanced nutrition:

- With or at risk of disease-related malnutrition
- Increased nutritional requirements
- Poor appetite or involuntary weight loss
- Preparing for surgery
- Recovery from surgery, injury and/or illness

SOLUTE CONCENTRATION		
<b>Osmolality</b>	mOsm/kg H <sub>2</sub> O	660
<b>Osmolarity</b>	mOsm/litre	509
<b>Water</b>	mL/100 mL (mL/bottle)	774 (154.9)
<b>Renal solute load</b>	mOsm/litre	468

ALLERGEN & DIETARY INFORMATION	
<b>Gluten free</b>	✓
<b>Low Lactose*</b>	✓
<b>Halal Certified</b>	✓
<b>Kosher Certified</b>	Vanilla, Chocolate, and Banana flavours only
<b>Allergens</b>	Contains Milk, Soy

Gluten Free refers to the product containing no detectable gluten at a limit of quantification of 5ppm.

\*By FSANZ definition low lactose (not more than 2g per 100g).<sup>2</sup>

FODMAP: fermentable oligosaccharides, disaccharides, monosaccharides and polyols.

COMPLETE, BALANCED NUTRITION®  
**Ensure PLUS**

**200**  
mL

**1.5**  
kcal/mL

**12.5**  
g

**28**

PROTEIN PER SERVE  
VITAMINS & MINERALS

## INSTRUCTIONS FOR USE:

Ensure® PLUS is ready to use. SHAKE WELL. Once opened, cover refrigerate and use within 24 hours.

## STORAGE:

Store unopened at room temperature.

## IMPORTANT NOTICE:

Food for Special Medical Purposes. Use under medical supervision.

Ensure® PLUS is suitable as a supplemental or sole source of nutrition. Suitable for tube feeding (Vanilla flavour preferred).

Not suitable for individuals with galactosaemia. Not intended for use in children unless recommended by a healthcare professional.

NOT FOR PARENTERAL USE.

ADDITIONAL INFO	FRUITS OF THE FOREST			
	VANILLA	CHOCOLATE	FRUITS OF THE FOREST	BANANA
<b>Abbott List Number</b>	S260.121	S256.121	S264.121	S262.121
<b>Unit size (mL)</b>	200 mL	200 mL	200 mL	200 mL
<b>Unit/carton</b>	30	30	30	30

## HOW TO ORDER ENSURE PLUS:

☎ Call Abbott Customer Service on 1800 225 311

# ENSURE PLUS RTD

NUTRITION INFORMATION			
Servings per package: 1 Serving size: 200 mL	UNITS	QUANTITY PER SERVING	QUANTITY PER 100 ML
<b>Energy</b>	kJ	1263	632
	kcal	300	150
<b>Protein</b>	g	12.50	6.25
<b>Fat, total</b>	g	9.84	4.92
<b>Saturated fatty acids</b>	g	0.90	0.45
<b>Carbohydrate</b>	g	40.40	20.20
<b>Sugars</b>	g	13	6.5
VITAMINS			
<b>Vitamin A</b>	mcg RE	233	117
<b>Vitamin D3</b>	mcg	4.0	2.0
<b>Vitamin E</b>	mg α-TE	4.3	2.1
<b>Vitamin K1</b>	mcg	24	12
<b>Vitamin C</b>	mg	24	12
<b>Folic acid</b>	mcg	80	40
<b>Vitamin B1</b>	mg	0.40	0.20
<b>Vitamin B2</b>	mg	0.54	0.27
<b>Vitamin B6</b>	mg	0.54	0.27
<b>Vitamin B12</b>	mcg	1.1	0.55
<b>Niacin</b>	mg NE	5.2	2.6
<b>Pantothenic acid</b>	mg	2.2	1.1
<b>Biotin</b>	mcg	12	6.0
<b>Choline</b>	mg	110	55
MINERALS			
<b>Sodium</b>	mg	184	92
<b>Potassium</b>	mg	320	160
<b>Chloride</b>	mg	220	110
<b>Calcium</b>	mg	240	120
<b>Phosphorus</b>	mg	200	100
<b>Magnesium</b>	mg	60	30
<b>Iron</b>	mg	4.2	2.1
<b>Zinc</b>	mg	3.6	1.8
<b>Manganese</b>	mg	1.0	0.50
<b>Copper</b>	mcg	360	180
<b>Iodine</b>	mcg	44	22
<b>Selenium</b>	mcg	17	8.3
<b>Chromium</b>	mcg	15	7.5
<b>Molybdenum</b>	mcg	32	16

Nutritional Information is for Vanilla flavour.  
Ingredients for other flavours may differ slightly.

Ingredients (Vanilla flavour): Water, maltodextrin, hydrolysed corn starch, sucrose, milk protein isolate, canola oil, CASEINATES (calcium caseinate, sodium caseinate), corn oil, MINERALS (sodium citrate, potassium citrate, magnesium chloride, potassium chloride, magnesium phosphate dibasic, calcium phosphate tribasic, potassium phosphate dibasic, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, potassium iodide, chromium chloride, sodium selenate), soy protein isolate, flavouring, emulsifier (322), stabiliser (460), VITAMINS (choline chloride, ascorbic acid, dl-alpha tocopheryl acetate, niacinamide, calcium pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, Vitamin A palmitate, beta carotene, folic acid, phyloquinone, biotin, Vitamin D3, cyanocobalamin), stabiliser (466, 418).

May contain: Sodium chloride.

Contains: Milk, soy.

## For Healthcare professional use only

Food for special medical purposes. For use only under medical supervision

Reference: 1. Ensure Plus Product Label. 2. Australia and New Zealand Food Standards Code. Standard 2.9.5 – Food for special medical purposes (updated March 2021).

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