

# Ensure Compact

## 2.4 kcal/ml complete, balanced nutritional supplement drink

FOR HEALTHCARE PROFESSIONAL USE ONLY

### PRESENTATION

- Presented in 125 ml (300 kcal) bottles
- Available in banana, café latte, strawberry and vanilla flavours.

### USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a nutritional supplement or sole source of nutrition for patients who cannot or will not eat sufficient quantities of everyday food and drink to meet their nutritional needs.

Nutritionally complete for vitamins and minerals in 625 ml, excluding sodium, potassium, chloride and magnesium. When excluding sodium, potassium and chloride only, Ensure Compact is nutritionally complete for vitamins and minerals in 1500ml.

Note: nutritionally complete volumes are 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) as a sole source of nutrition or as a nutritional supplement for the dietary management of patients with, or at risk of developing, disease-related malnutrition.

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

### STORAGE & DIRECTIONS FOR USE

- 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.
- Once opened, cover, refrigerate and discard unused feed after 24 hours.
- Ensure Compact bottles will attach to all Abbott giving sets.

### PRECAUTIONS

- Monitor fluid intake to ensure adequate hydration status.
- 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 any 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. It is suggested that patients consult with their dentist for further advice.
- Unless recommended by a healthcare professional, not intended for use in children.

### 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, **milk** proteins, vegetable oils (canola, high oleic sunflower, corn), sucrose, minerals (potassium chloride, calcium citrate, magnesium phosphate dibasic, ferrous sulphate, potassium citrate, zinc sulphate, manganese sulphate, cupric sulphate, potassium iodide, sodium molybdate, chromium chloride, sodium selenate), emulsifier: **soy** lecithin, flavourings, acidity regulator: E525, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, vitamin A palmitate, folic acid, K<sub>1</sub>, biotin, D<sub>3</sub>, B<sub>12</sub>), stabilisers (E460, E466).

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

### GENERAL INFORMATION

Energy density	2.4 kcal/ml
Energy distribution:	
Protein	17.0%
Carbohydrate	47.9%
Fat	35.1%
Renal solute load	740 mOsm/l
Osmolarity	676 mOsm/l
Osmolality	1052 mOsm/kg H <sub>2</sub> O
Gluten free?	✓
Clinically lactose free?	✗
Milk free?	✗
Suitable for vegetarians?	✓ <sup>1, 2</sup>
Suitable for vegan diet?	✗
Suitable for Halal diet?	✓
Suitable for Kosher diet?	✓ except strawberry flavour

For suitability for other diets and “free from” information, please contact the Freephone Nutrition Helpline on 0800 252882.

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.

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### NUTRITION INFORMATION

	units	per 100 ml	per 125 ml
<b>Energy</b>	kJ	1008	1261
	kcal	240	300
Fat	g	9.35	11.7
- of which saturates	g	0.80	1.0
- of which MCT*	g	trace	trace
Carbohydrate	g	28.8	36.0
- of which sugars	g	6.2	7.8
Protein (nitrogen)	g	10.2 (1.63)	12.8 (2.05)
Salt	g	0.36	0.45
<b>Vitamins</b>			
Vitamin A (RE)	µg	155	194
Vitamin D <sub>3</sub>	µg	3.0	3.8
Vitamin E (α TE)	mg	4.7	5.9
Vitamin K <sub>1</sub>	µg	21	26
Vitamin C	mg	21	26
Folacin (folic acid)	µg	48	60
Thiamin (vitamin B <sub>1</sub> )	mg	0.35	0.44
Riboflavin (vitamin B <sub>2</sub> )	mg	0.47	0.59
Vitamin B <sub>6</sub>	mg	0.47	0.59
Vitamin B <sub>12</sub>	µg	0.97	1.2
Niacin (NE)	mg	4.4	5.5
Pantothenic acid	mg	1.5	1.9
Biotin	µg	7.5	9.4
<b>Minerals</b>			
Sodium	mg (mmol)	145 (6.31)	181 (7.89)
Potassium	mg (mmol)	215 (5.50)	269 (6.88)
Chloride	mg (mmol)	145 (4.09)	181 (5.11)
Calcium	mg (mmol)	170 (4.24)	213 (5.30)
Phosphorus (phosphate)	mg (mmol)	170 (5.49)	213 (6.86)
Magnesium	mg (mmol)	20 (0.82)	25 (1.03)
Iron	mg	3.4	4.3
Zinc	mg	2.9	3.6
Manganese	mg	0.60	0.75
Copper	mg	0.32	0.40
Iodine	µg	38.4	48
Selenium	µg	12	15
Chromium	µg	10	13
Molybdenum	µg	20	25
Choline	mg	97	121
Water	g	64.3	80.4

### PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/125 ml
<b>Protein source</b>			
Sodium caseinate	25.0	2.55	3.19
Milk protein isolate	75.0	7.65	9.56
<b>Amino acids</b>			
<b>- Essential</b>			
Histidine	2.60	0.27	0.34
Isoleucine	4.98	0.51	0.64
Leucine	8.87	0.90	1.13
Lysine	7.79	0.79	0.99
Methionine	2.66	0.27	0.34
Phenylalanine	4.78	0.49	0.61
Threonine	4.33	0.44	0.55
Tryptophan	1.33	0.14	0.18
Valine	6.05	0.62	0.78
Arginine	3.43	0.35	0.44
<b>- Non-essential</b>			
Alanine	3.04	0.31	0.39
Aspartic acid	3.53	0.36	0.45
Cystine	0.60	0.06	0.08
Glutamic acid	10.4	1.06	1.33
Glycine	1.80	0.18	0.23
Proline	9.78	1.00	1.25
Serine	5.35	0.55	0.69
Tyrosine	5.12	0.52	0.65
Non-protein calorie: N	122	:1	

### CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/125 ml
<b>Carbohydrate source</b>			
Corn syrup	89.9	25.9	32.4
Sucrose	10.0	2.88	3.60
Stabilisers: E460 (cellulose); E466 (carboxymethyl cellulose)	0.10	0.03	0.04

### FAT & FATTY ACIDS

		% total fatty acids	g/100 ml	g/125 ml
<b>Fat source</b>				
High oleic sunflower oil		38.5	3.60	4.50
Canola oil		38.5	3.60	4.50
Corn oil		19.4	1.81	2.27
Soy lecithin		3.60	0.34	0.42
<b>Fatty acids</b>				
	g/100 g fat		g/100 ml	g/125 ml
<b>- Essential</b>				
Linoleic acid	C18:2	22.4	2.07	2.59
Linolenic acid	C18:3	3.66	0.34	0.43
<b>- Monounsaturated</b>				
Palmitoleic acid	C16:1	0.14	0.01	0.01
Oleic acid	C18:1	59.5	5.48	6.85
Gadoleic acid	C20:1	0.63	0.06	0.08
Erucic acid	C22:1	0.28	0.03	0.04
<b>- Saturated</b>				
Caproic acid	C6:0	-	-	-
Caprylic acid	C8:0	-	-	-
Capric acid	C10:0	-	-	-
Lauric acid	C12:0	0.04	trace	trace
Myristic acid	C14:0	0.05	trace	trace
Palmitic acid	C16:0	5.48	0.51	0.64
Margaric acid	C17:0	0.05	trace	trace
Stearic acid	C18:0	2.29	0.21	0.26
Arachidic acid	C20:0	0.43	0.04	0.05
Behenic acid	C22:0	0.59	0.05	0.06
Tricosanoic acid	C23:0	-	-	-
Lignoceric acid	C24:0	0.17	0.02	0.03
P/S ratio		2.87		
n6 : n3		6.1 : 1		

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