

Ensure Plus juice

1.5 kcal/ml fruit juice style nutritional supplement drink

FOR HEALTHCARE PROFESSIONAL USE ONLY

PRESENTATION

- Presented in 220 ml (330 kcal) bottles
- Available in apple, fruit punch, lemon & lime, orange, peach, and strawberry flavours.

USES

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

It is particularly suitable for patients who have taste aberrations or an aversion to 'milky' supplements.

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
- Dysphagia

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.
- Ensure Plus juice 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 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.
- Do not use in children under 1 year of age.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

INGREDIENTS

Water, maltodextrin, sucrose, **milk** protein, acidity regulators (E507, E330, E296), flavouring, colour: E150c, vitamins (C, E, niacinamide, calcium pantothenate, vitamin A palmitate, B₁, B₆, B₂, folic acid, K₁, biotin, D₃), minerals (calcium phosphate tribasic, magnesium sulphate, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, potassium iodide, sodium molybdate, chromium chloride, sodium selenate).

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

GENERAL INFORMATION

Energy density	1.5 kcal/ml
Energy distribution:	
Protein	12.8%
Carbohydrate	87.2%
Fat	n/a
Renal solute load	315 mOsm/L
Osmolarity	718 mOsm/L
Osmolality	945 mOsm/kg H ₂ O
Gluten free?	✓
Clinically lactose free?	✓
Milk free?	✗
Suitable for vegetarian diet?	✓ ^{1,2}
Suitable for vegan diet?	✗
Suitable for Halal diet?	✓ Except lemon and lime flavour
Suitable for Kosher diet?	✓ Except strawberry flavour

For other 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 220 ml
Energy	kJ	638	1403
	kcal	150	330
Fat	g	0	0
- of which saturates	g	0	0
Carbohydrate	g	32.7	71.9
- of which sugars	g	9.40	20.7
Protein (nitrogen)	g	4.80 (0.77)	10.6 (1.70)
Fibre	g	0	0
- of which FOS	g	0	0
Salt	g	0.02	0.04
Vitamins			
Vitamin A (RE)	µg	140	308
- of which β-carotene	µg	0	0
Vitamin D ₃	µg	0.48	1.1
Vitamin E (α TE)	mg	2.7	5.9
Vitamin K ₁	µg	11.5	25
Vitamin C	mg	10.2	22
Folacin (folic acid)	µg	12	26
Thiamin (vitamin B ₁)	mg	0.24	0.53
Riboflavin (vitamin B ₂)	mg	0.21	0.46
Vitamin B ₆	mg	0.23	0.51
Vitamin B ₁₂	µg	0.26	0.57
Niacin (NE)	mg	2.9	6.4
Pantothenic acid	mg	0.36	0.79
Biotin	µg	4.8	11
Minerals			
Sodium	mg (mmol)	7.0 (0.30)	15 (0.66)
Potassium	mg (mmol)	19 (0.49)	42 (1.08)
Chloride	mg (mmol)	120 (3.38)	264 (7.44)
Calcium	mg (mmol)	18 (0.45)	40 (0.99)
Phosphorus (phosphate)	mg (mmol)	10 (0.32)	22 (0.70)
Magnesium	mg (mmol)	3.5 (0.14)	7.7 (0.31)
Iron	mg	1.2	2.6
Zinc	mg	0.9	2.0
Manganese	mg	0.30	0.66
Copper	mg	0.15	0.32
Iodine	µg	15	33
Selenium	µg	6.3	14
Chromium	µg	5.0	11
Molybdenum	µg	20	44
Water	g	76.2	168

PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g /220 ml
Protein source			
Whey protein isolate	100	4.8	10.6
Amino acids			
- Essential			
Histidine	2.10	0.10	0.22
Isoleucine	5.47	0.26	0.57
Leucine	11.9	0.57	1.25
Lysine	9.43	0.45	0.99
Methionine	2.25	0.11	0.24
Phenylalanine	3.73	0.18	0.40
Threonine	4.87	0.23	0.51
Tryptophan	2.00	0.10	0.22
Valine	5.40	0.26	0.57
Arginine	2.69	0.13	0.29
- Non-essential			
Alanine	4.44	0.21	0.46
Aspartic acid	4.37	0.21	0.46
Cystine	2.74	0.13	0.29
Glutamic acid	9.42	0.45	0.99
Glycine	1.82	0.09	0.20
Proline	5.17	0.25	0.55
Serine	4.45	0.21	0.46
Tyrosine	3.82	0.18	0.40
Asparagine	6.56	0.31	0.68
Glutamine	7.71	0.37	0.81
Non-protein calorie: N ratio	174	1	

FAT & FATTY ACIDS

Ensure Plus juice does not contain fat.

CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/220 ml
Carbohydrate source			
Maltodextrin	74.9	24.5	53.9
Sucrose	25.1	8.21	18.1

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

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