

# Ensure® Powder 850g Can

Ensure® Powder is a 1.0kcal/ml, provides complete, balanced nutrition.<sup>1</sup>

Ensure® Powder provides calories, protein and carbohydrates to help gain or maintain a healthy weight.<sup>1</sup>

## FEATURES

Ensure® Powder 850g is available in vanilla & chocolate flavours.

- 28 essential vitamins and minerals.
- FOS prebiotics to support immune health.
- Calcium necessary for normal bone structure.
- Vitamin D contributes to support normal muscle function.
- Antioxidants to support immune health.



## INDICATIONS

Ensure® Powder 1.0kcal/mL is a nutritionally complete and balanced, powdered nutritional, milkshake style drink for poor appetite, involuntary weight loss when preparing for surgery or after surgery and disease-related malnutrition.

## PRECAUTIONS

Food for Special Medical Purposes. Use only under medical supervision.

- Ensure® Powder is suitable as a sole source of nutrition or as a supplement
- Not for Parenteral use
- Not for use in galactosemia
- Not intended for use in children unless otherwise instructed by a health care professional

## INSTRUCTIONS FOR USE AND STORAGE

To prepare a 230ml serving, put 195ml of cold water into a glass. Gradually add 6 level scoops (scoop in the can) or 53.8g of Ensure® Powder and stir until dissolved. An 850g can of powder yields approximately 16 x 230mL servings.

Opened can should be covered and stored in a cool, dry place, but NOT refrigerated. Store unopened cans at room temperature. Once opened, use contents within 3 weeks. Reconstituted Ensure® should be used promptly or covered, refrigerated and used within 24 hours.

## INGREDIENTS

List of ingredients in descending order: Hydrolysed corn starch, maltodextrin, sucrose, VEGETABLE OILS (high oleic sunflower oil, soy oil, canola oil), milk protein concentrate, oligofructose (FOS), soy protein isolate, MINERALS (sodium citrate, potassium citrate, magnesium chloride, potassium chloride, calcium phosphate tribasic, zinc sulphate, ferrous sulphate, manganese sulphate, cupric sulphate, potassium iodide, sodium molybdate, chromium chloride, sodium selenate), flavouring, choline chloride, VITAMINS (ascorbic acid, calcium pantothenate, Vitamin E, niacinamide, pyridoxine hydrochloride, riboflavin, Vitamin A palmitate, thiamin hydrochloride, beta carotene, folic acid, phylloquinone, biotin, Vitamin D3, cyanocobalamin), antioxidant (304), antioxidant (307b).

May contain: calcium carbonate, potassium phosphate dibasic, magnesium sulphate, sodium chloride

CONTAINS: Soy and Milk ingredients.

\*Minor variations may occur between flavours. Please contact Abbott Nutrition Medical Department for further information.

Reference: 1. Ensure® Powder product label.

*life. to the fullest.*



# Ensure® Powder 850g Can

Australia customer service  
New Zealand customer service

1800 225 311  
0800 737 115

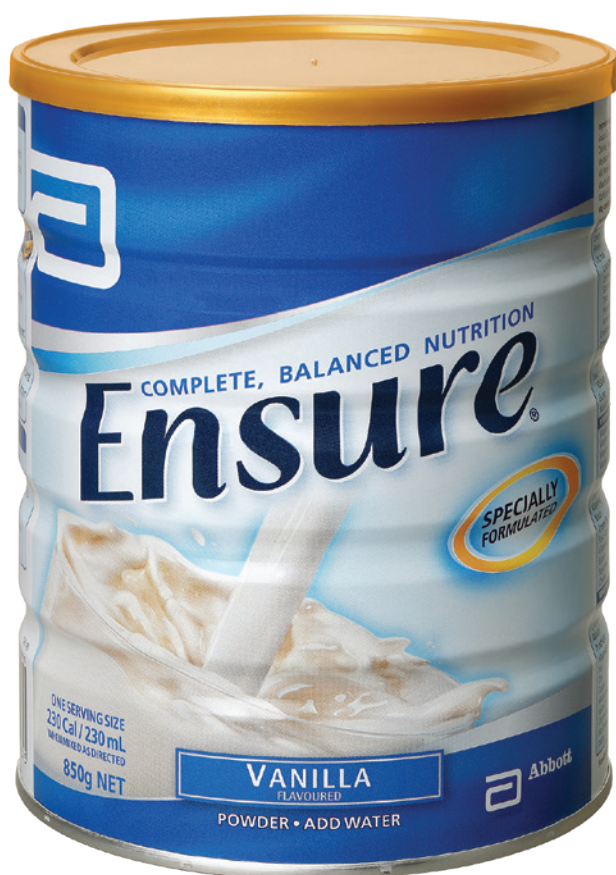
## Ordering

DHL customer service (Aus) 1800 077 421 (select option 1)  
Email d2mcs@dhl.com  
HCL customer service (NZ) 0800 737 234

## Abbott HENS\*

Direct line 1800 077 421  
Home patient registration site www.abbotthens.com  
Email d2mpcs@dhl.com

\*Australia only



## NUTRITIONAL INFORMATION

		100mL	per serving 230mL
Energy	KJ	420	967
	kcal	100	230
Protein of which casein of which whey	g	3.72	8.55
	g	9.13	21.0
	g	2.0	4.6
Carbohydrate of which sugars of which lactose	g	13.42	30.87
	g	4.7	11.0
	g	≤0.13	≤1.24
Fat of which saturates	g	3.27	7.53
	g	0.35	0.86
Fibre of which FOS	g	1.01	2.31
	g	1.01	2.31
Choline	mg	32	73

## VITAMINS

Vitamin A	mcg RE	109.7	253
Vitamin D <sub>3</sub>	mcg	1.1	2.6
Vitamin E	mg α TE	1.8	4.2
Vitamin K <sub>1</sub>	mcg	7.7	18
Vitamin C	mg	13	29
Folic acid	mcg	30	70
Thiamine (Vitamin B <sub>1</sub> )	mg	0.19	0.43
Riboflavin (Vitamin B <sub>2</sub> )	mg	0.19	0.43
Vitamin B <sub>6</sub>	mg	0.23	0.54
Vitamin B <sub>12</sub>	mcg	0.35	0.81
Niacin	mg NE	1.2	2.7
Pantothenic acid	mg	0.98	2.3
Biotin	mcg	4.2	9.7

## MINERALS<sup>^</sup>

Sodium	mg	84	194
Potassium	mg	157	360
Chloride	mg	105	242
Calcium	mg	105	242
Phosphorus	mg	55	126
Magnesium	mg	18	40
Iron	mg	0.94	2.2
Zinc	mg	1.1	2.5
Manganese	mg	0.33	0.75
Copper	mcg	67	153
Iodine	mcg	15	34
Selenium	mcg	5.1	12
Chromium	mcg	5.4	12
Molybdenum	mcg	9.8	23

## ADDITIONAL INFORMATION

Osmolality	mOsm/kg H <sub>2</sub> O	485
Osmolality	mOsm/L	411
Water	mL/100mL (mL/bottle)	85 (197)
Renal solute load	mOsm/L	318
Low Gluten*		✓
Low Lactose*		✓
Halal Certified		✓
Kosher Certified		✓
NZ Availability / Pharmac Funded†		Fully Funded

\* By definition Low Gluten (less than 20mg per 100g) and Low Lactose (no more than 2g/100g) – FSANZ.  
<sup>^</sup> and other nutrients.

† See Pharmac link for full criteria at [www.pharmac.govt.nz/Schedule](http://www.pharmac.govt.nz/Schedule)

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Abbott Australasia Pty Ltd 299 Lane Cove Road, Macquarie Park NSW 2114. ABN 95 000 180 389.

Customer Service 1800 225 311. [www.abbottnutrition.com.au](http://www.abbottnutrition.com.au)

Abbott Laboratories NZ Ltd Ground Floor, Bldg. D, 4 Pacific Rise, Mount Wellington Auckland 1640.

Customer Service Toll Free: 0800 737 115. [www.abbottnutrition.co.nz](http://www.abbottnutrition.co.nz)

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