



Enshake

High energy powdered nutritional supplement

PRESENTATION

- Presented in cartons of 6 single-serving sachets (96.5 g) providing 600 kcal per serving when reconstituted with 240 ml whole milk.
- Available in banana, chocolate, strawberry and vanilla 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. Enshake may also be added to foods as a “fortifier”.

Not suitable as a sole source of nutrition.

COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) for the following indications:

- Disease-related malnutrition
- Malabsorption
- Other conditions requiring a high fat/high carbohydrate supplement.

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

STORAGE & DIRECTIONS FOR USE

- Store sachets in a cool, dry place but not refrigerated.
- Pour 240 ml whole milk into a jug or shaker.
- Empty the contents of one sachet into the milk.
- Mix with a whisk or shaker. For a frothy shake, use an electric blender.
- Pour into a glass and serve.
- Once reconstituted, cover and refrigerate. Discard any unused liquid 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).
- Do not make any additions to the feed without consulting your 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.
- When feeding to patients with dysphagia, please thicken the product as appropriate.
- Unless recommended by a healthcare professional, not intended for use in children.

CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- Suitable for people with diabetes provided that routine glucose checks are performed.
- Not for use in galactosaemia.
- Do not use in children under 1 year of age. Use with caution in children under 6 years of age.

INGREDIENTS

Hydrolysed corn starch, vegetable oils (high oleic sunflower, soy, coconut), **milk** proteins, minerals (sodium citrate, magnesium sulphate, potassium chloride, potassium phosphate dibasic, potassium citrate, calcium carbonate), sucrose, **soy** protein isolate, flavourings, vitamins (C, E, vitamin A palmitate, beta carotene, K₁, D₃), antioxidants (E304, E306), sweetener: E950.

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

GENERAL INFORMATION

NB All data are for Enshake when prepared as directed, reconstituted with 240 ml whole milk.

Energy density	1.94 kcal/ml
Energy distribution (as fed):	
Protein	11.2%
Carbohydrate	52.4%
Fat	36.4%
Osmolarity	746 mOsm/L
Osmolality	1050 mOsm/kg H ₂ O
Gluten free?	✓
Clinically lactose free?	✗ ¹
Milk free?	✗
Suitable for vegetarians?	✓ ²

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

1. Enshake powder is clinically lactose free.
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 96.5g sachet	per 100g powder	per 310ml serving*
Energy	kJ	1835	1902	2528
	kcal	436	452	602
Fat	g	15.1	15.6	24.7
- of which saturates	g	4.44	4.6	10
- of which MCT**	g	2.09	2.17	3.12
Carbohydrate	g	67.1	69.5	78.9
- of which sugars	g	10.6	11	23.0
Fibre	g	0	0	0
Protein (nitrogen)	g	8.11 (1.30)	8.40 (1.34)	16.0 (2.56)
Salt	g	0.81	0.84	1.1
Vitamins				
Vitamin A (RE)	µg	310	321	447
- of which β-carotene	µg	30.9	32.0	40
Vitamin D	µg	6.27	6.5	6.3
Vitamin E (α TE)	mg	6.76	7.0	7.0
Vitamin C	mg	45.4	47.0	48.0
Vitamin K	µg	45.4	47.0	45.0
Thiamin (vitamin B₁)	mg	0	0	0.07
Riboflavin (vitamin B₂)	mg	0	0	0.58
Vitamin B₆	mg	0	0	0.14
Niacin (NE)	mg	0	0	0.48
Folic Acid	µg	0	0	19.2
Vitamin B₁₂	µg	0	0	2.16
Pantothenic acid	mg	0	0	1.44
Biotin	µg	0	0	6.24
Minerals				
Sodium	mg (mmol)	322 (14.0)	334 (14.5)	458 (19.9)
Calcium	mg (mmol)	172 (4.28)	178 (4.44)	456 (11.4)
Phosphorus (phosphate)	mg (mmol)	131 (4.24)	136 (4.39)	359 (11.6)
Potassium	mg (mmol)	425 (10.9)	440 (11.3)	771 (19.7)
Chloride	mg (mmol)	180 (5.09)	187 (5.27)	428 (12.1)
Magnesium	mg (mmol)	86.9 (3.57)	90 (3.70)	114 (4.69)
Iron	mg	0	0	0.07
Zinc	mg	0	0	0.96
Copper	mg	trace	trace	trace
Iodine	µg	0	0	76.8
Selenium	µg	0	0	2.4
Manganese	mg	trace	trace	trace
Chromium	µg	0	0	0
Molybdenum	µg	0	0	0
Water	g	3.86	4.00	217

*when reconstituted with 240ml whole milk

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

PROTEIN & AMINO ACIDS

	g/100g protein	g/100g powder	g/310ml serving*
Protein source			
Calcium caseinate	66.0	5.54	
Milk protein isolate	21.0	1.76	
Soy protein isolate	13.0	1.09	
Amino acids			
- Essential			
Histidine	2.89	0.24	0.45
Isoleucine	5.41	0.45	0.83
Leucine	9.52	0.80	1.48
Lysine	7.96	0.67	1.23
Methionine	2.74	0.23	0.42
Phenylalanine	5.20	0.44	0.81
Threonine	4.36	0.37	0.74
Tryptophan	1.18	0.10	0.19
Valine	6.65	0.56	1.06
Arginine	4.27	0.36	0.63
- Non-essential			
Alanine	3.27	0.27	0.26
Aspartic acid	3.52	0.30	0.89
Cystine	0.78	0.07	0.13
Glutamic acid	11.3	0.95	2.53
Glycine	2.20	0.18	0.34
Proline	9.82	0.82	1.47
Serine	5.85	0.49	0.88
Tyrosine	5.44	0.46	0.76
Asparagine	4.38	0.37	0.35
Glutamine	10.5	0.88	0.85
Non-protein calorie: N	336 : 1		

CARBOHYDRATES

	% total carbohydrates	g/100 g
Carbohydrate source		
Corn syrup	97.0	67.4
Sucrose	3.03	2.11

FAT & FATTY ACIDS

		% total fatty acids	g/100g powder	g/310ml serving*
Fat source				
High oleic sunflower oil		47.0	7.33	
Soy oil		28.0	4.37	
Coconut oil		25.0	3.90	
Fatty acids				
		g/100 g fat	g/100g powder	g/310 ml serving*
- Essential				
Linoleic acid	C18:2	18.5	2.89	2.97
Linolenic acid	C18:3	1.95	0.31	0.29
- Monounsaturated				
Palmitoleic acid	C16:1	0.11	0.02	0.20
Oleic acid	C18:1	45.0	7.05	8.85
Gadoleic acid	C20:1	0.05	0.01	0.01
- Saturated				
Caproic acid	C6:0	0.12	0.02	0.25
Caprylic acid	C8:0	1.62	0.25	0.37
Capric acid	C10:0	1.41	0.22	0.50
Lauric acid	C12:0	10.7	1.68	2.00
Myristic acid	C14:0	4.48	0.70	1.69
Palmitic acid	C16:0	6.78	1.06	3.73
Margaric acid	C17:0	0.07	0.01	0.06
Stearic acid	C18:0	3.39	0.53	1.53
Arachidic acid	C20:0	0.29	0.05	0.04
Behenic acid	C22:0	0.47	0.07	0.07
Lignoceric acid	C24:0	0.09	0.01	0.01
P/S ratio (powder)		0.70		
P/S ratio (as fed)		0.30		
n6 : n3		9.6 : 1		

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ANUKANI180048 Date of preparation: March 2018 Version 5



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