

# Ensure Plus Fibre

1.6 kcal/ml complete, balanced nutritional supplement drink with mixed fibre & FOS\*

FOR HEALTHCARE PROFESSIONAL USE ONLY

## PRESENTATION

- Presented in 200 ml (310 kcal) bottles
- Available in banana, chocolate, raspberry, strawberry and vanilla flavours.

## USES

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

Nutritionally complete for vitamins and minerals in 1000 ml (excluding electrolytes, 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) 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
- CAPD
- Haemodialysis
- 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 drink. Do not boil.
- Ensure Plus Fibre 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 supplement 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 qualified healthcare professional, not recommended 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, FOS\*, **soy** protein isolate, **soy** polysaccharide, minerals (potassium citrate, magnesium chloride, calcium phosphate tribasic, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, potassium iodide, chromium chloride, sodium selenate), **oat** fibre, gum arabic, flavouring, emulsifier: **soy** lecithin, carboxymethyl cellulose, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, beta carotene, vitamin A palmitate, folic acid, K<sub>1</sub>, biotin, D<sub>3</sub>, B<sub>12</sub>), stabiliser: E418.

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

## GENERAL INFORMATION

Energy density 1.6 kcal/ml

Energy distribution:

|              |       |
|--------------|-------|
| Protein      | 16.1% |
| Carbohydrate | 52.1% |
| Fat          | 28.6% |
| Fibre (FOS*) | 3.22% |

Renal solute load 459 mOsm/L

Osmolarity 552 mOsm/L

Osmolality 730 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? ✓ except raspberry and vanilla flavours

Suitable for Kosher diet? ✓ except raspberry and strawberry flavours

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

1. Raspberry and strawberry flavours contain 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.

\*fructo-oligosaccharides

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## NUTRITION INFORMATION

|                      | units | per 100 ml  | per 200ml |
|----------------------|-------|-------------|-----------|
| <b>Energy</b>        | kJ    | 652         | 1303      |
|                      | kcal  | 155         | 310       |
| Fat                  | g     | 4.92        | 9.8       |
| - of which saturates | g     | 0.42        | 0.84      |
| - of which MCT**     | g     | trace       | trace     |
| Carbohydrate         | g     | 20.2        | 40        |
| - of which sugars    | g     | 4.9         | 9.8       |
| Fibre                | g     | 2.50        | 5.0       |
| - of which FOS       | g     | 1.25        | 2.5       |
| Protein (nitrogen)   | g     | 6.25 (1.00) | 13 (2.01) |
| Salt                 | g     | 0.21        | 0.42      |

| <b>Vitamins</b>                      |    |      |      |
|--------------------------------------|----|------|------|
| Vitamin A (RE)                       | µg | 117  | 234  |
| - of which β-carotene (RE)           | µg | 29   | 58   |
| Vitamin D <sub>3</sub>               | µg | 1.7  | 3.3  |
| Vitamin E (α TE)                     | mg | 2.4  | 4.8  |
| Vitamin K <sub>1</sub>               | µg | 12   | 24   |
| Vitamin C                            | mg | 12   | 24   |
| Folacin (folic acid)                 | µg | 33   | 66   |
| Thiamin (vitamin B <sub>1</sub> )    | mg | 0.20 | 0.40 |
| Riboflavin (vitamin B <sub>2</sub> ) | mg | 0.27 | 0.54 |
| Vitamin B <sub>6</sub>               | mg | 0.27 | 0.54 |
| Vitamin B <sub>12</sub>              | µg | 0.65 | 1.3  |
| Niacin (NE)                          | mg | 2.6  | 5.2  |
| Pantothenic acid                     | mg | 1.1  | 2.2  |
| Biotin                               | µg | 6.0  | 12   |

| <b>Minerals</b>        |           |            |            |
|------------------------|-----------|------------|------------|
| Sodium                 | mg (mmol) | 85 (3.70)  | 170 (7.39) |
| Potassium              | mg (mmol) | 135 (3.45) | 270 (6.92) |
| Chloride               | mg (mmol) | 110 (3.10) | 220 (6.20) |
| Calcium                | mg (mmol) | 70 (1.75)  | 140 (3.50) |
| Phosphorus (phosphate) | mg (mmol) | 69 (2.23)  | 138 (4.42) |
| Magnesium              | mg (mmol) | 30 (1.23)  | 60 (2.50)  |
| Iron                   | mg        | 2.1        | 4.2        |
| Zinc                   | mg        | 1.6        | 3.2        |
| Manganese              | mg        | 0.50       | 1.0        |
| Copper                 | mg        | 0.18       | 0.36       |
| Iodine                 | µg        | 22         | 44         |
| Selenium               | µg        | 8.3        | 17         |
| Chromium               | µg        | 7.5        | 15         |
| Molybdenum             | µg        | 16         | 32         |
| Choline                | mg        | 55         | 110        |
| Water                  | g         | 75.9       | 152        |

## PROTEIN & AMINO ACIDS

|                        | g/100 g protein | g/100 ml | g/200 ml |
|------------------------|-----------------|----------|----------|
| <b>Protein source</b>  |                 |          |          |
| Sodium caseinate       | 66.5            | 4.16     | 8.31     |
| Milk protein isolate   | 21.0            | 1.31     | 2.62     |
| Soy protein isolate    | 12.5            | 0.78     | 1.56     |
| <b>Amino acids</b>     |                 |          |          |
| <b>- Essential</b>     |                 |          |          |
| Histidine              | 2.53            | 0.16     | 0.32     |
| Isoleucine             | 4.63            | 0.29     | 0.58     |
| Leucine                | 8.87            | 0.55     | 1.1      |
| Lysine                 | 7.19            | 0.45     | 0.9      |
| Methionine             | 2.34            | 0.15     | 0.30     |
| Phenylalanine          | 4.86            | 0.30     | 0.60     |
| Threonine              | 4.24            | 0.26     | 0.52     |
| Tryptophan             | 1.23            | 0.08     | 0.16     |
| Valine                 | 5.77            | 0.36     | 0.72     |
| Arginine               | 3.86            | 0.24     | 0.48     |
| <b>- Non-essential</b> |                 |          |          |
| Alanine                | 3.12            | 0.20     | 0.40     |
| Aspartic acid          | 3.36            | 0.21     | 0.42     |
| Cystine                | 0.57            | 0.04     | 0.08     |
| Glutamic acid          | 10.7            | 0.67     | 1.34     |
| Glycine                | 2.18            | 0.14     | 0.28     |
| Proline                | 9.72            | 0.61     | 1.22     |
| Serine                 | 5.58            | 0.35     | 0.70     |
| Tyrosine               | 4.90            | 0.31     | 0.62     |
| Asparagine             | 4.33            | 0.27     | 0.54     |
| Glutamine              | 10.0            | 0.63     | 1.26     |
| Non-protein calorie: N | 132 : 1         |          |          |

## CARBOHYDRATES

|                               | % total carbohydrates | g/100 ml | g/200 ml |
|-------------------------------|-----------------------|----------|----------|
| <b>Carbohydrate source</b>    |                       |          |          |
| Corn syrup                    | 86.5                  | 17.5     | 35       |
| Sucrose                       | 13.0                  | 2.63     | 5.26     |
| Fructo-oligosaccharide powder | 0.28                  | 0.06     | 0.12     |
| Oat fibre                     | 0.09                  | 0.02     | 0.04     |
| Soy fibre                     | 0.09                  | 0.02     | 0.04     |
| Gum arabic                    | 0.04                  | trace    | trace    |
| Carboxymethyl cellulose       | 0.01                  | trace    | trace    |

## FIBRE

|                               | % total fibre | g/100 ml | g/200 ml |
|-------------------------------|---------------|----------|----------|
| <b>Fibre source</b>           |               |          |          |
| Fructo-oligosaccharide powder | 48.9          | 1.22     | 2.44     |
| Oat fibre                     | 20.5          | 0.51     | 1.02     |
| Soy fibre                     | 18.0          | 0.45     | 0.90     |
| Gum arabic                    | 9.00          | 0.22     | 0.45     |
| Carboxymethyl cellulose       | 3.68          | 0.09     | 0.18     |

Soluble fibre content: 61% Insoluble fibre content: 39%

## FAT & FATTY ACIDS

|                          | % total fatty acids | g/100 ml | g/200 ml |
|--------------------------|---------------------|----------|----------|
| <b>Fat source</b>        |                     |          |          |
| Canola oil               | 38.2                | 1.88     | 3.76     |
| High oleic sunflower oil | 38.2                | 1.88     | 3.76     |
| Corn oil                 | 19.4                | 0.95     | 1.9      |
| Lecithin                 | 4.20                | 0.21     | 0.42     |

|                    | g/100 g fat | g/100 ml | g/200 ml |      |
|--------------------|-------------|----------|----------|------|
| <b>Fatty acids</b> |             |          |          |      |
| <b>- Essential</b> |             |          |          |      |
| Linoleic acid      | C18:2       | 22.5     | 1.10     | 2.20 |
| Linolenic acid     | C18:3       | 3.78     | 0.18     | 0.36 |

|                          |       |      |      |      |
|--------------------------|-------|------|------|------|
| <b>- Monounsaturated</b> |       |      |      |      |
| Palmitoleic acid         | C16:1 | 0.14 | 0.01 | 0.02 |
| Oleic acid               | C18:1 | 59.1 | 2.89 | 5.78 |
| Gadoleic acid            | C20:1 | 0.63 | 0.03 | 0.06 |
| Erucic acid              | C22:1 | 0.28 | 0.01 | 0.02 |

|                    |       |      |       |       |
|--------------------|-------|------|-------|-------|
| <b>- Saturated</b> |       |      |       |       |
| Lauric acid        | C12:0 | 0.04 | trace | trace |
| Myristic acid      | C14:0 | 0.05 | trace | trace |
| Palmitic acid      | C16:0 | 5.77 | 0.28  | 0.56  |
| Margaric acid      | C17:0 | 0.05 | trace | trace |
| Stearic acid       | C18:0 | 2.15 | 0.11  | 0.22  |
| Arachidic acid     | C20:0 | 0.43 | 0.02  | 0.04  |
| Behenic acid       | C22:0 | 0.59 | 0.03  | 0.06  |
| Lignoceric acid    | C24:0 | 0.17 | 0.01  | 0.02  |

P/S ratio 2.87  
n6 : n3 6.0 : 1

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