

# Ensure Shake

## High energy powdered nutritional supplement

FOR HEALTHCARE PROFESSIONAL USE ONLY

### PRESENTATION

- Presented in cartons of 7 single-serving sachets (57 g) providing 319 kcal and 13.7 g of protein per serving when reconstituted with 100 ml whole milk and 386 kcal and 17.2 g of protein per serving when reconstituted with 200 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. Ensure Shake 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
- 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).

### 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.

### STORAGE & DIRECTIONS FOR USE

- Store in a cool, dry place but not refrigerated.
- Empty the contents of one sachet into a glass or shaker.
- Measure 200 ml (1/3 pint) of whole milk. For a compact style drink, measure 100 ml of whole milk.
- Add a little of the milk to the powder and mix with a fork until smooth.
- Add the remaining milk and stir until smooth.
- For a frothy shake, use a shaker or electric blender.
- Pour into a glass and serve.
- Reconstituted Ensure Shake should be used promptly or covered, refrigerated and used within 24 hours.
- Whisk or shake again before use.

Ensure Shake can also be mixed with semi-skimmed or skimmed milk, or water. If making Ensure Shake up with liquids other than whole milk, the nutritional profile will vary.

### 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 with 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.

### INGREDIENTS

Skimmed **milk** powder, dried glucose, palm fat, maltodextrin, sugar, whey protein concentrate (**milk**), flavouring, minerals (magnesium sulphate, potassium phosphate, ferrous sulphate, zinc sulphate, manganese sulphate, copper sulphate, potassium iodate, sodium selenite, sodium molybdate, chromium chloride), vitamins (C, E, nicotinamide, A, calcium d-pantothenate, D<sub>3</sub>, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, folic acid, K<sub>1</sub>, biotin, B<sub>12</sub>), colour: E160a, emulsifier: **soy** lecithin.

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

### GENERAL INFORMATION

NB: All data are for Ensure Shake when prepared as directed, reconstituted with whole milk.

|                               |             |
|-------------------------------|-------------|
| Energy density                | 1.5 kcal/ml |
| Energy distribution (as fed): |             |
| Protein                       | 16.1%       |
| Carbohydrate                  | 53.3%       |
| Fat                           | 30.7%       |

#### Reconstituted with **200 ml** whole milk:

|                             |                              |
|-----------------------------|------------------------------|
| Potential renal solute load | 568 mOsm/l                   |
| Osmolarity                  | 710 mOsm/l                   |
| Osmolality                  | 959 mOsm/kg H <sub>2</sub> O |

#### Reconstituted with **100 ml** whole milk:

|                             |                               |
|-----------------------------|-------------------------------|
| Potential renal solute load | 789 mOsm/l                    |
| Osmolarity                  | 1044 mOsm/l                   |
| Osmolality                  | 1614 mOsm/kg H <sub>2</sub> O |

|                           |                            |
|---------------------------|----------------------------|
| Gluten free recipe        | ✓                          |
| Clinically lactose free?  | ✗                          |
| Milk free?                | ✗                          |
| Suitable for vegetarians? | ✓ <sup>1</sup>             |
| Suitable for vegan diet?  | ✗                          |
| Suitable for Halal diet?  | ✓ Except chocolate flavour |
| Suitable for Kosher diet? | ✓                          |

Produced in a factory that handles celery, egg, mustard and soya.

For other “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.

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### NUTRITION INFORMATION

|                               | units     | per 100 g powder | per serving (sachet + 100 ml milk) | per serving (sachet + 200 ml milk) |
|-------------------------------|-----------|------------------|------------------------------------|------------------------------------|
| <b>Energy</b>                 |           |                  |                                    |                                    |
|                               | kJ        | 1852             | 1335                               | 1613                               |
|                               | kcal      | 443              | 319                                | 386                                |
| <b>Fat</b>                    | g         | 15.1             | 12.3                               | 16.0                               |
| - of which saturates          | g         | 7.5              | 6.7                                | 9.0                                |
| - of which MCT*               | g         | 0.04             | 0.4                                | 0.77                               |
| <b>Carbohydrate</b>           | g         | 59.0             | 38.4                               | 43.2                               |
| - of which sugars             | g         | 33.7             | 24.0                               | 28.8                               |
| <b>Fibre</b>                  | g         | 0                | 0                                  | 0                                  |
| <b>Protein (nitrogen)</b>     | g         | 17.8 (2.85)      | 13.7 (2.19)                        | 17.2 (2.75)                        |
| <b>Salt</b>                   | g         | 0.68             | 0.50                               | 0.61                               |
| <b>Vitamins</b>               |           |                  |                                    |                                    |
| <b>Vitamin A (RE)</b>         | µg        | 474              | 307                                | 344                                |
| - of which β-carotene         | µg        | -                | -                                  | -                                  |
| <b>Vitamin D</b>              | µg        | 8.80             | 5.00                               | 5.00                               |
| <b>Vitamin E (α TE)</b>       | mg        | 10.6             | 6.0                                | 6.1                                |
| <b>Vitamin K<sub>1</sub></b>  | µg        | 53.0             | 30.8                               | 31.4                               |
| <b>Vitamin C</b>              | mg        | 58.0             | 35.2                               | 37.2                               |
| <b>Folic Acid</b>             | µg        | 201              | 123                                | 131                                |
| <b>Vitamin B<sub>1</sub></b>  | mg        | 1.36             | 0.81                               | 0.84                               |
| <b>Vitamin B<sub>2</sub></b>  | mg        | 1.47             | 1.08                               | 1.31                               |
| <b>Vitamin B<sub>6</sub></b>  | mg        | 1.94             | 1.17                               | 1.23                               |
| <b>Vitamin B<sub>12</sub></b> | µg        | 1.9              | 1.98                               | 2.93                               |
| <b>Niacin (NE)</b>            | mg        | 16.6             | 10.1                               | 10.7                               |
| <b>Pantothenic Acid</b>       | mg        | 5.34             | 3.64                               | 4.23                               |
| <b>Biotin</b>                 | µg        | 32.6             | 21.2                               | 23.8                               |
| <b>Minerals</b>               |           |                  |                                    |                                    |
| <b>Sodium</b>                 | mg (mmol) | 273 (11.9)       | 199 (8.7)                          | 243 (10.6)                         |
| <b>Potassium</b>              | mg (mmol) | 660 (16.9)       | 538 (13.8)                         | 699 (17.9)                         |
| <b>Chloride</b>               | mg (mmol) | 493 (13.9)       | 357 (10.1)                         | 448 (12.6)                         |
| <b>Calcium</b>                | mg (mmol) | 551 (13.8)       | 438 (10.9)                         | 561 (14.0)                         |
| <b>Phosphorus / phos-</b>     | mg (mmol) | 430 (13.9)       | 344 (11.1)                         | 443 (14.3)                         |
| <b>Magnesium</b>              | mg (mmol) | 78.0 (3.21)      | 55.8 (2.3)                         | 67.2 (2.8)                         |
| <b>Iron</b>                   | mg        | 6.90             | 3.96                               | 3.99                               |
| <b>Zinc</b>                   | mg        | 4.60             | 3.12                               | 3.65                               |
| <b>Manganese</b>              | mg        | 0.61             | 0.35                               | 0.35                               |
| <b>Copper</b>                 | mg        | 0.54             | 0.31                               | 0.31                               |
| <b>Iodine</b>                 | µg        | 91.0             | 83.8                               | 116                                |
| <b>Selenium</b>               | µg        | 25.0             | 15.3                               | 16.4                               |
| <b>Chromium</b>               | µg        | 7.0              | 4.0                                | 4.0                                |
| <b>Molybdenum</b>             | µg        | 16.0             | 9.12                               | 9.12                               |

### PROTEIN & AMINO ACIDS

|                                | % total protein | g/100 g powder | g/serving (sachet + 100ml milk) | g/serving (sachet + 200ml milk) |
|--------------------------------|-----------------|----------------|---------------------------------|---------------------------------|
| <b>Protein source</b>          |                 |                |                                 |                                 |
| Fat filled milk powder         | 70.2            | 12.5           | 9.62                            | 12.1                            |
| Whey protein concentrate       | 23.6            | 4.20           | 3.23                            | 4.06                            |
| Skimmed milk powder            | 5.98            | 1.06           | 0.82                            | 1.03                            |
| Maltodextrin                   | 0.19            | 0.03           | 0.03                            | 0.03                            |
| Dried glucose syrup            | 0.02            | -              | -                               | -                               |
| <b>Amino acids</b>             |                 |                |                                 |                                 |
| <b>- Essential</b>             |                 |                |                                 |                                 |
| Histidine                      | 2.39            | 0.47           | 0.36                            | 0.45                            |
| Isoleucine                     | 5.17            | 1.02           | 0.78                            | 0.97                            |
| Leucine                        | 9.31            | 1.83           | 1.39                            | 1.74                            |
| Lysine                         | 8.14            | 1.60           | 1.16                            | 1.40                            |
| Methionine                     | 3.05            | 0.60           | 0.46                            | 0.57                            |
| Phenylalanine                  | 4.25            | 0.84           | 0.66                            | 0.84                            |
| Threonine                      | 4.73            | 0.93           | 0.69                            | 0.84                            |
| Tryptophan                     | 1.27            | 0.25           | 0.18                            | 0.23                            |
| Valine                         | 6.01            | 1.18           | 0.91                            | 1.16                            |
| Cystine + Methionine           | 4.15            | 0.82           | 0.61                            | 0.75                            |
| <b>- Non-essential</b>         |                 |                |                                 |                                 |
| Alanine                        | 3.36            | 0.66           | 0.49                            | 0.61                            |
| Arginine                       | 3.08            | 0.61           | 0.47                            | 0.59                            |
| Aspartic Acid                  | 8.14            | 1.60           | 1.02                            | 1.14                            |
| Glutamic Acid                  | 19.1            | 3.75           | 2.54                            | 2.95                            |
| Glycine                        | 1.83            | 0.36           | 0.27                            | 0.33                            |
| Proline                        | 8.65            | 1.70           | 1.29                            | 1.62                            |
| Serine                         | 4.89            | 0.96           | 0.73                            | 0.92                            |
| Tyrosine                       | 4.07            | 0.80           | 0.63                            | 0.80                            |
| Cystine                        | 1.09            | 0.22           | 0.15                            | 0.18                            |
| Asparagine                     | 0.00            | 0.00           | 0.17                            | 0.34                            |
| Glutamine                      | 0.00            | 0.00           | 0.34                            | 0.68                            |
| Non-protein calorie: N 130 : 1 |                 |                |                                 |                                 |

### CARBOHYDRATES

|                          | % total carbohydrates | g/100 g powder | g/serving (sachet + 100ml milk) | g/serving (sachet + 200ml milk) |
|--------------------------|-----------------------|----------------|---------------------------------|---------------------------------|
| <b>Carbohydrate</b>      |                       |                |                                 |                                 |
| Fat filled milk powder   | 38.0                  | 22.4           | 14.6                            | 16.4                            |
| Dried glucose syrup      | 24.2                  | 14.3           | 9.29                            | 10.5                            |
| Maltodextrin             | 20.8                  | 12.3           | 7.99                            | 8.99                            |
| Sucrose                  | 14.1                  | 8.32           | 5.41                            | 6.09                            |
| Skimmed milk powder      | 2.64                  | 1.56           | 1.01                            | 1.14                            |
| Whey protein concentrate | 0.23                  | 0.14           | 0.09                            | 0.10                            |

### FAT & FATTY ACIDS

|                          | % total fatty acids | g/100 g powder | g/serving (sachet + 100ml milk) | g/serving (sachet + 200ml milk) |                                 |
|--------------------------|---------------------|----------------|---------------------------------|---------------------------------|---------------------------------|
| <b>Fat source</b>        |                     |                |                                 |                                 |                                 |
| Skimmed milk powder      | 100                 | 15.1           | 12.3                            | 16.0                            |                                 |
| <b>Fatty acids</b>       |                     |                |                                 |                                 |                                 |
|                          |                     | g/100 g fat    | g/100 g powder                  | g/serving (sachet + 100ml milk) | g/serving (sachet + 200ml milk) |
| <b>- Essential</b>       |                     |                |                                 |                                 |                                 |
| Linoleic acid            | C18:2               | 10.1           | 1.44                            | 0.89                            | 0.97                            |
| Linolenic acid           | C18:3               | 0.20           | 0.03                            | 0.03                            | 0.04                            |
| <b>- Monounsaturated</b> |                     |                |                                 |                                 |                                 |
| Myristoleic acid         | C14:1               | 0.97           | 0.14                            | 0.12                            | 0.17                            |
| Palmitoleic acid         | C16:1               | -              | -                               | trace                           | trace                           |
| Margaroleic acid         | C17:1               | -              | -                               | trace                           | trace                           |
| Oleic acid               | C18:1               | 41.5           | 5.91                            | 4.20                            | 5.03                            |
| Arachidic acid           | C20:0               | 0.37           | 0.05                            | 0.03                            | 0.03                            |
| Erucic acid              | C22:1               | -              | -                               | -                               | -                               |
| <b>- Saturated</b>       |                     |                |                                 |                                 |                                 |
| Butyric acid             | C4:0                | -              | -                               | 0.11                            | 0.22                            |
| Caproic acid             | C6:0                | -              | -                               | 0.07                            | 0.15                            |
| Caprylic acid            | C8:0                | -              | -                               | 0.05                            | 0.09                            |
| Capric acid              | C10:0               | -              | -                               | 0.11                            | 0.22                            |
| Lauric acid              | C12:0               | 0.25           | 0.04                            | 0.17                            | 0.31                            |
| Myristic acid            | C14:0               | 1.05           | 0.15                            | 0.51                            | 0.93                            |
| Pentadecanoic            | C15:0               | -              | -                               | 0.02                            | 0.04                            |
| Palmitic acid            | C16:0               | 40.4           | 5.75                            | 4.48                            | 5.68                            |
| Margaric acid            | C17:0               | 0.10           | 0.02                            | 0.02                            | 0.03                            |
| Stearic acid             | C18:0               | 4.32           | 0.62                            | 0.79                            | 1.23                            |
| Eicosenoic               | C20:1               | 0.16           | 0.02                            | 0.01                            | 0.01                            |
| Behenic acid             | C22:0               | 0.56           | 0.08                            | 0.05                            | 0.05                            |
| P/S ratio 0.22 0.15 0.12 |                     |                |                                 |                                 |                                 |
| n6 : n3 50.6 : 1         |                     |                |                                 |                                 |                                 |

### Serving information based on reconstitution using whole milk

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Abbott Laboratories (Ireland) Ltd., Liffey Valley Office Campus, Dublin 22. Tel: (01) 4691500 Fax: (01) 4691501 abbottnutrition.ie

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

NB: Chocolate flavour also contains dextrose