

# Ensure

## 1.0 kcal/ml complete, balanced nutritional supplement

FOR HEALTHCARE PROFESSIONAL USE ONLY

### PRESENTATION

- Presented in 250 ml (251 kcal) cans.
- Available in chocolate, coffee 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 1500 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
- Dysphagia

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

Also available on the DPS (Drugs Payment Scheme) and the GMS (General Medical Services) Scheme in Ireland.

### 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.
- For sip feeding, may also be served as warm drinks. Do not boil.
- Once opened, unused product should be covered and stored in a refrigerator. Unused contents should be discarded after 24 hours.

### TUBE FEEDING DIRECTIONS

- Ready for use.
- Administer at room temperature for tube feeding.
- The volume/flow rate should be adjusted to meet the patient's nutritional needs and tolerance. This product has a low viscosity and will pass down a fine nasogastric tube.
- A Flexitainer enteral nutrition container may be used if decanting is necessary.
- For gravity feeding, the use of a Flexiflo gravity gavage set is recommended.
- An Abbott enteral feeding pump may be used in conjunction with the Abbott enteral feeding system where a more accurately controlled delivery of feed is indicated. An ambulatory system is available for use.

### 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.
- When feeding to patients with dysphagia, please thicken the product as appropriate.

### 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, **milk** proteins, sucrose, vegetable oils (canola, high oleic sunflower, corn), minerals (potassium citrate, magnesium chloride, sodium citrate, calcium phosphate tribasic, potassium chloride, potassium phosphate dibasic, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, sodium selenate, chromium chloride, potassium iodide), **soy** protein isolate, flavouring, emulsifier: **soy** lecithin, choline chloride, stabiliser: E407, vitamins (C, E, niacinamide, calcium pantothenate, vitamin A palmitate, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, folic acid, biotin, K<sub>1</sub>, D<sub>3</sub>, B<sub>12</sub>).

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

### GENERAL INFORMATION

Energy density 1.0 kcal/ml

Energy distribution:  
Protein 15.9%  
Carbohydrate 54.0%  
Fat 30.1%

Renal solute load 335 mOsm/L

Osmolarity 319 mOsm/L

Osmolality 376 mOsm/kg H<sub>2</sub>O

Gluten free? ✓

Clinically lactose free? ✓

Milk free? ✗

Suitable for vegetarians? ✓<sup>1</sup>

For suitability for other diets and 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 ml	per 250 ml
<b>Energy</b>	kJ	423	1057
	kcal	100	251
Fat	g	3.36	8.4
- of which saturates	g	0.3	0.75
- of which MCT*	g	trace	trace
Carbohydrate	g	13.6	34
- of which sugars	g	3.8	9.5
Fibre	g	0	0
Protein (nitrogen)	g	4 (0.64)	10 (1.6)
Salt	g	0.22	0.55
<b>Vitamins</b>			
Vitamin A (RE)	µg	108	270
- of which β-carotene	µg	0	0
Vitamin D <sub>3</sub>	µg	0.73	1.8
Vitamin E (α TE)	mg	2.1	5.4
Vitamin K	µg	5.2	13
Vitamin C	mg	10	25
Folacin (folic acid)	µg	23	58
Thiamin (vitamin B <sub>1</sub> )	mg	0.16	0.4
Riboflavin (vitamin B <sub>2</sub> )	mg	0.18	0.45
Vitamin B <sub>6</sub>	mg	0.22	0.55
Vitamin B <sub>12</sub>	µg	0.34	0.85
Niacin (NE)	mg	1.7	4.3
Pantothenic acid	mg	0.78	2
Biotin	µg	4.6	12
<b>Minerals</b>			
Sodium	mg (mmol)	88 (3.83)	220 (9.6)
Potassium	mg (mmol)	148 (3.79)	370 (9.5)
Chloride	mg (mmol)	111 (3.13)	278 (7.8)
Calcium	mg (mmol)	62 (1.55)	155 (3.9)
Phosphorus (phosphate)	mg (mmol)	62 (2.00)	155 (5.0)
Magnesium	mg (mmol)	20 (0.82)	50 (2.1)
Iron	mg	1.4	3.5
Zinc	mg	1.2	3
Manganese	mg	0.35	0.88
Copper	mg	0.17	0.43
Iodine	µg	11	28
Selenium	µg	5.7	14
Chromium	µg	6.5	16
Molybdenum	µg	10	25
Choline	mg	56	140
Water	g	85.1	213

### PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/250 ml
<b>Protein source</b>			
Sodium caseinate	73.0	2.92	7.30
Soy protein isolate	16.0	0.64	1.60
Calcium caseinate	11.0	0.44	1.10
<b>Amino acids</b>			
<b>- Essential</b>			
Histidine	2.51	0.10	0.25
Isoleucine	4.47	0.18	0.45
Leucine	8.86	0.35	0.88
Lysine	7.05	0.28	0.70
Methionine	2.31	0.09	0.23
Phenylalanine	4.94	0.20	0.50
Threonine	4.12	0.16	0.40
Tryptophan	1.15	0.05	0.13
Valine	5.67	0.23	0.58
Arginine	3.98	0.16	0.40
<b>- Non-essential</b>			
Alanine	3.12	0.12	0.30
Aspartic acid	3.27	0.13	0.33
Cystine	0.54	0.02	0.05
Glutamic acid	11.3	0.45	1.13
Glycine	2.26	0.09	0.23
Proline	9.71	0.39	0.98
Serine	5.61	0.22	0.55
Tyrosine	4.89	0.20	0.50
Asparagine	4.54	0.18	0.45
Glutamine	9.76	0.39	0.98
Non-protein calorie: N	134	:1	

### CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/250 ml
<b>Carbohydrate source</b>			
Maltodextrin	75.0	10.2	25.5
Sucrose	25.0	3.40	8.50

### FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	g/250 ml
<b>Fat source</b>			
Canola oil	38.1	1.28	3.20
High oleic sunflower oil	38.1	1.28	3.20
Corn oil	19.3	0.65	1.62
Lecithin	4.50	0.15	0.38
<b>Fatty acids</b>	g/100 g fat	g/100 ml	g/250 ml
<b>- Essential</b>			
Linoleic acid	C18:2 22.8	0.76	1.90
Linolenic acid	C18:3 3.76	0.13	0.33
<b>- Monounsaturated</b>			
Palmitoleic acid	C16:1 0.14	trace	trace
Oleic acid	C18:1 58.7	1.97	4.93
Gadoleic acid	C20:1 0.63	0.02	0.05
Erucic acid	C22:1 0.28	0.01	0.03
<b>- Saturated</b>			
Caproic acid	C6:0 -	-	-
Caprylic acid	C8:0 -	-	-
Capric acid	C10:0 -	-	-
Lauric acid	C12:0 0.04	trace	trace
Myristic acid	C14:0 0.05	trace	trace
Palmitic acid	C16:0 5.80	0.19	0.48
Margaric acid	C17:0 0.05	trace	trace
Stearic acid	C18:0 2.26	0.08	0.20
Arachidic acid	C20:0 0.43	0.01	0.03
Behenic acid	C22:0 0.59	0.02	0.05
Tricosanoic acid	C23:0 -	-	-
Lignoceric acid	C24:0 0.17	0.01	0.03
P/S ratio	2.87		
n6 : n3	6.1 : 1		

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