

# Ensure Plus Advance

1.5 kcal/ml nutritional supplement drink with increased protein and vitamin D\*

FOR HEALTHCARE PROFESSIONAL USE ONLY

## PRESENTATION

- Presented in 220 ml (330 kcal) bottles
- Available in banana, chocolate, coffee, strawberry and vanilla flavours.

## USES

Food for Special Medical Purposes: For the dietary management of malnourished, or nutritionally-at-risk, older adults. Complete, balanced nutritional supplement drink with increased levels of protein and vitamin D compared to standard supplements. Also contains fructo-oligosaccharides (FOS\*\*).

This product is suitable as a nutritional supplement, to be used under medical supervision. Recommended not to exceed 2 servings per day.

## COMMUNITY USE—PRESCRIPTIONS

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

- As a nutritional supplement for frail elderly people (>65 years of age, with a BMI  $\leq$  23kg/m<sup>2</sup>), where clinical assessment and nutritional screening show the individual to be at risk of undernutrition.

## 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.
- Once opened, cover, refrigerate and discard unused feed after 24 hours.
- Ensure Plus Advance bottles will attach to all Abbott giving sets.

## 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.

## CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- Not intended for use in children unless recommended by a healthcare professional.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

## INGREDIENTS

Water, hydrolysed corn starch, **milk** proteins, sucrose, vegetable oils (canola, corn), **soy** protein isolate, minerals (potassium citrate, sodium citrate, calcium phosphate tribasic, magnesium carbonate, potassium chloride, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, potassium iodide, chromium chloride, sodium selenate), fructo-oligosaccharides, calcium  $\beta$ -hydroxy- $\beta$ -methylbutyrate (CaHMB), flavouring, emulsifier: **soy** lecithin, stabilisers (E460, E466, E418), choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, beta carotene, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, vitamin A palmitate, folic acid, K<sub>1</sub>, D<sub>3</sub>, biotin, B<sub>12</sub>), L-carnitine.

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

## GENERAL INFORMATION

Energy density	1.5 kcal/ml
Energy distribution (%):	
Protein	24.27%
Carbohydrate	44.82%
Fat	28.81%
Fibre (FOS**)	1.00%
HMB***	1.10%
Renal solute load	671 mOsm/l
Osmolarity	557 mOsm/l
Osmolality	730 mOsm/kg H <sub>2</sub> O
Gluten free?	✓
Clinically lactose free?	✗
Milk free?	✗
Suitable for vegetarian diet?	✓ <sup>1,2</sup>
Suitable for vegan diet?	✗
Suitable for a Halal diet?	✓ Except vanilla flavour
Suitable for a Kosher diet?	✓ Except strawberry flavour

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.
2. Strawberry flavour contains E120 (cochineal) which some people may consider to be a meat product.

\* compared to standard supplements  
\*\* fructo-oligosaccharides  
\*\*\*  $\beta$ -hydroxy- $\beta$ -methylbutyrate

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## NUTRITION INFORMATION

	units	per 100 ml	per 220 ml
<b>Energy</b>	kJ	631	1388
	kcal	150	330
Fat	g	4.80	11
- of which saturates	g	0.45	0.92
- of which MCT**	g	-	-
Carbohydrate	g	16.8	37
- of which sugars	g	6.8	15
Fibre	g	0.75	1.7
- of which FOS***	g	0.75	1.7
Protein (nitrogen)	g	9.10 (1.46)	20 (3.2)
Salt	g	0.38	0.84
<b>Vitamins</b>			
Vitamin A (RE)	µg	120	264
- of which β-carotene	µg	60	132
Vitamin D <sub>3</sub>	µg	5.7	13
	IU	227	500
Vitamin E (α TE)	mg	2.5	5.5
Vitamin K <sub>1</sub>	µg	15	33
Vitamin C	mg	16	35
Folacin (folic acid)	µg	35	77
Thiamin (vitamin B <sub>1</sub> )	mg	0.26	0.57
Riboflavin (vitamin B <sub>2</sub> )	mg	0.32	0.70
Vitamin B <sub>6</sub>	mg	0.30	0.66
Vitamin B <sub>12</sub>	µg	0.65	1.4
Niacin (NE)	mg	3.0	6.6
Pantothenic acid	mg	1.1	2.4
Biotin	µg	6.0	13
<b>Minerals</b>			
Sodium	mg (mmol)	150 (6.52)	330 (14.3)
Potassium	mg (mmol)	270 (6.91)	594 (15.2)
Chloride	mg (mmol)	63 (1.78)	139 (3.92)
Calcium	mg (mmol)	227 (5.66)	499 (12.5)
Phosphorus (phosphate)	mg (mmol)	118 (3.81)	260 (8.32)
Magnesium	mg (mmol)	25 (1.03)	55 (2.29)
Iron	mg	2.1	4.6
Zinc	mg	1.75	3.9
Manganese	mg	0.45	0.99
Copper	mg	0.25	0.54
Iodine	µg	22	48
Selenium	µg	9.0	20
Chromium	µg	8.5	19
Molybdenum	µg	15	33
L-carnitine	mg	18	40
Choline	mg	70	154
HMB***	g	0.55	1.2
CaHMB****	g	0.68	1.50
Water	g	76.5	168

## PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/220 ml
<b>Protein source</b>			
Sodium caseinate	40	3.64	8.01
Milk protein concentrate / isolate	35	3.19	7.02
Soy protein isolate	15	1.37	3.01
Whey protein concentrate	10	0.91	2.00
<b>Amino acids</b>			
<b>- Essential</b>			
Histidine	2.47	0.22	0.48
Isoleucine	4.89	0.45	0.99
Leucine	8.94	0.81	1.78
Lysine	7.46	0.68	1.50
Methionine	2.36	0.21	0.46
Phenylalanine	4.68	0.43	0.95
Threonine	4.52	0.41	0.90
Tryptophan	1.31	0.12	0.26
Valine	5.74	0.52	1.14
Arginine	3.88	0.35	0.77
<b>- Non-essential</b>			
Alanine	3.36	0.31	0.68
Aspartic acid	3.79	0.34	0.75
Cystine	0.81	0.07	0.15
Glutamic acid	10.45	0.95	2.09
Glycine	2.21	0.20	0.44
Proline	9.01	0.82	1.80
Serine	5.35	0.49	1.08
Tyrosine	4.65	0.42	0.92
Asparagine	4.34	0.40	0.88
Glutamine	9.85	0.90	1.98
Non-protein calorie: N	78 :1		

## CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/220 ml
<b>Carbohydrate source</b>			
Corn syrup	64.5	10.8	23.8
Sucrose	34.8	5.85	12.9
Stabilisers: E460 (cellulose); E466 (carboxymethyl cellulose)	0.55	0.09	0.20
Fructo-oligosaccharide powder	0.22	0.04	0.09

## FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	g/220 ml	
<b>Fat source</b>				
Canola oil	61.6	2.96	6.51	
Corn oil	34.7	1.67	3.67	
Lecithin	3.70	0.18	0.40	
<b>Fatty acids</b>				
	g/100 g fat	g/100 ml	g/220 ml	
<b>- Essential</b>				
Linoleic acid	C18:2	31.9	1.47	3.23
Linolenic acid	C18:3	5.69	0.26	0.57
<b>- Monounsaturated</b>				
Palmitoleic acid	C16:1	0.17	0.01	0.02
Oleic acid	C18:1	46.6	2.14	4.71
Gadoleic acid	C20:1	0.95	0.04	0.09
Erucic acid	C22:1	0.45	0.02	0.04
<b>- Saturated</b>				
Caproic acid	C6:0	-	-	-
Caprylic acid	C8:0	-	-	-
Capric acid	C10:0	-	-	-
Lauric acid	C12:0	-	-	-
Myristic acid	C14:0	0.09	trace	trace
Palmitic acid	C16:0	6.76	0.31	0.68
Margaric acid	C17:0	0.09	trace	trace
Stearic acid	C18:0	1.76	0.08	0.18
Arachidic acid	C20:0	0.50	0.02	0.04
Behenic acid	C22:0	0.46	0.02	0.04
Tricosanoic acid	C23:0	-	-	-
Lignoceric acid	C24:0	0.16	0.01	0.02
P/S ratio	3.84			
n6 : n3	5.6 : 1			

## FIBRE

	% total fibre	g/100 ml	g/220 ml
<b>Fibre source</b>			
Fructo-oligosaccharide powder	97.9	0.73	1.61
Stabilisers: E460 (cellulose); E466 (carboxymethyl cellulose)	2.11	0.02	0.04

Soluble fibre content: 100%

\* compared to standard supplements  
 \*\* medium-chain triglycerides (C6:0 - C12:0)  
 \*\*\* fructo-oligosaccharides  
 \*\*\*\* β-hydroxy-β-methylbutyrate  
 \*\*\*\*\* calcium β-hydroxy-β-methylbutyrate

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