

ENSURE® FIBRE

COMPLETE, BALANCED NUTRITION



USAGE

ENSURE® FIBRE is a fibre-containing liquid formula for people who can benefit from increased dietary fibre and nutrients. The fibre helps maintain normal bowel function. **ENSURE® FIBRE** is suitable for people who do not require a low-residue diet. **ENSURE® FIBRE** can also be used as a sole source of nutrition, under the supervision of a healthcare professional.

FEATURES

- Complete, balanced nutrition
- Meets Health Canada Recommendations for dietary fat
- Provides 3.4 g total dietary fibre per 235-mL serving
- Fibre content helps maintain normal bowel function
- Rich and creamy, good tasting
- Lactose- and gluten-free
- Two delicious flavours: vanilla and chocolate
- For oral feeding

NUTRIENT FACTS

| | |
|----------------------------|-------|
| Nutrient density (Cal/mL) | 1.06 |
| Protein (% Cal) | 15 |
| Carbohydrate (% Cal) | 57 |
| Fat (% Cal) | 28 |
| Total Cal/g nitrogen | 167:1 |
| Nonprotein Cal/g nitrogen | 142:1 |
| Water (g/L) | 826 |
| Kosher | Yes |
| Gluten-free | Yes |
| Lactose-free | Yes |
| Low residue | No |
| Osmolality (mOsm/kg water) | 342 |
| Renal solute load (mOsm/L) | 345 |

AVAILABILITY

Ready to Use:

235-mL cans, 24/case (Available at hospital/institution only):

Vanilla #00759-793

Chocolate #00756-793

235-mL cans, 12/case (Available at retail only):

Vanilla #00759-570

Chocolate #00756-570

| | Per 100 mL | Per 235 mL |
|----------------------------------|---|------------|
| ENERGY | | |
| Kilojoules | 447 | 1050 |
| Calories | 106 | 250 |
| PROTEIN (g) | 4 | 9.4 |
| % of total energy | 15% | |
| Source | Sodium and calcium caseinates, soy protein | |
| FAT (g) | 3.3 | 7.8 |
| Polyunsaturated fatty acids (mg) | 0.7 | 1.6 |
| Monounsaturated fatty acids (mg) | 1.4 | 3.3 |
| Saturated fatty acids (mg) | 0.2 | 0.5 |
| Omega 6:Omega 3 ratio | 73:1 | |
| Cholesterol (mg) | 0.6 | 1.4 |
| Linoleic acid (g) | 0.64 | 1.5 |
| % of total energy | 28% | |
| Source | High oleic sunflower/safflower canola & corn oils, soy lecithin | |
| CARBOHYDRATE (g) | 16.2 | 38 |
| % of total energy | 57% | |
| Source | Maltodextrin, sugar, soy polysaccharide | |
| Dietary fibre (g) | 1.44 | 3.4 |

| | | |
|--------------------------------|----------|----------|
| VITAMINS | | |
| Vitamin A (RE/IU) | 160/531 | 375/1250 |
| Vitamin D ₃ (µg/IU) | 0.65/26 | 1.5/60 |
| Vitamin E (mg/IU) | 1.2/1.63 | 2.75/3.8 |
| Vitamin K ₁ (mg) | 0.003 | 0.007 |
| Vitamin C (mg) | 6.4 | 15 |
| Thiamine (mg) | 0.138 | 0.325 |
| Riboflavin (mg) | 0.181 | 0.425 |
| Niacin (mg) | 2.55 | 6 |
| Vitamin B ₆ (mg) | 0.21 | 0.5 |
| Vitamin B ₁₂ (mg) | 0.00021 | 0.0005 |
| Folic acid (mg) | 0.026 | 0.06 |
| Pantothenic (mg) | 0.74 | 1.75 |
| Biotin (mg) | 0.015 | 0.035 |

| | | |
|------------------|--------|-------|
| MINERALS | | |
| Calcium (mg) | 128 | 300 |
| Phosphorus (mg) | 117 | 275 |
| Magnesium (mg) | 27.7 | 65.0 |
| Iron (mg) | 1.62 | 3.80 |
| Zinc (mg) | 1.7 | 4.0 |
| Copper (mg) | 0.21 | 0.5 |
| Iodide (mg) | 0.017 | 0.04 |
| Manganese (mg) | 0.55 | 1.3 |
| Selenium (mg) | 0.0055 | 0.013 |
| Chromium (mg) | 0.0047 | 0.011 |
| Molybdenum (mg) | 0.0119 | 0.028 |
| Sodium (mg) | 106 | 250 |
| Sodium (mmol) | 4.6 | 10.9 |
| Potassium (mg) | 160 | 375 |
| Potassium (mmol) | 4.1 | 9.6 |
| Chloride (mg) | 108 | 254 |
| Chloride (mmol) | 3.1 | 7.2 |

INGREDIENTS

*(MKD) Water, corn maltodextrin, sugar, sodium caseinate, soy polysaccharide, high oleic sunflower oil or high oleic safflower oil, canola oil, soy protein, corn oil, calcium caseinate, potassium citrate, calcium phosphate tribasic, natural and artificial flavour, magnesium phosphate dibasic, soy lecithin, magnesium chloride, salt, sodium citrate, ascorbic acid, potassium chloride, zinc sulphate, ferrous sulphate, niacinamide, *d*- α -tocopheryl acetate, manganese sulphate, citric acid, cupric sulphate, *d*-calcium pantothenate, vitamin A palmitate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenate, chromium chloride, vitamin D₃, cyanocobalamin. **May contain potassium hydroxide.**

*Ensure Fibre vanilla



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