

# ENSURE® HP (HIGH PROTEIN)

## COMPLETE, BALANCED NUTRITION



### USAGE

**ENSURE® HP** (high protein) is complete, balanced nutrition for supplemental use between or with meals. **ENSURE® HP** is useful for people who need extra protein and nutrition in their diet. **ENSURE® HP** is lactose- and gluten-free, is suitable for use by people recovering from general surgery or hip fractures, and is a good source of nutrition for those who have or are at risk for pressure ulcers.

### FEATURES

- Over 25% more protein per bottle than regular Ensure
- Meets Health Canada Recommendations for dietary fat
- Rich and creamy, good tasting
- Excellent source of protein, calcium, and other essential vitamins and minerals
- For low-cholesterol diets
- Contains 6.0 g of total fat and 1.4 mg of cholesterol per 235-mL serving
- Less than 3% saturated fat, no trans fats
- Lactose- and gluten-free
- Three delicious flavours: vanilla, chocolate and strawberry

### NUTRIENT FACTS

Nutrient density (Cal/mL)	0.96
Protein (% Cal)	21
Carbohydrate (% Cal)	55
Fat (% Cal)	24
Total Cal/g nitrogen	122:1
Nonprotein Cal/g nitrogen	96:1
Water (g/L)	837
Kosher	Yes
Gluten-free	Yes
Lactose-free	Yes
Low residue	Yes
Osmolality (mOsm/kg water)	546
Renal solute load (mOsm/L)	417

### AVAILABILITY

#### Ready to Use:

235-mL resealable plastic bottle, 4 x 6/pack

Vanilla #57250-848

Chocolate #57253-848

Strawberry #59422-848

	Per 100 mL	Per 235 mL
<b>ENERGY</b>		
Kilojoules	402	945
Calories	96	225
PROTEIN (g)	5.1	12
% of total energy	21%	
Source	Sodium and calcium caseinates, soy protein isolate	
FAT (g)	2.55	6.0
Polyunsaturated fatty acids (g)	0.5	1.2
Monounsaturated fatty acids (g)	1.0	2.3
Saturated fatty acids (g)	0.2	0.5
Omega 6:Omega 3 ratio	74:1	
Cholesterol (mg)	0.6	1.4
Linoleic acid (g)	0.43	1.0
% of total energy	24%	
Source	High oleic safflower oil, canola & corn oils, soy lecithin	
CARBOHYDRATE (g)	13.2	31
% of total energy	55%	
Source	Sucrose, corn maltodextrin	
Dietary fibre (g)	0	0

<b>VITAMINS</b>		
Vitamin A (RE/100 IU)	149/496	350/1166
Vitamin D <sub>3</sub> (µg/100 IU)	0.53/21.3	1.25/50.0
Vitamin E (mg/100 IU)	1.07/1.45	2.5/3.38
Vitamin C (mg)	6.4	15.0
Thiamine (mg)	0.138	0.325
Riboflavin (mg)	0.184	0.432
Niacin (mg)	2.55	6.00
Vitamin B <sub>6</sub> (mg)	0.20	0.47
Vitamin B <sub>12</sub> (mg)	0.00021	0.0005
Folic acid (mg)	0.026	0.06
Pantothenic acid (mg)	0.74	1.75
Biotin (mg)	0.0149	0.035

<b>MINERALS</b>		
Calcium (mg)	117	275
Phosphorus (mg)	117	275
Magnesium (mg)	27.7	65.0
Iron (mg)	1.49	3.5
Zinc (mg)	1.70	4.00
Copper (mg)	0.21	0.5
Iodide (mg)	0.017	0.040
Manganese (mg)	0.55	1.3
Selenium (mg)	0.0051	0.012
Chromium (mg)	0.0043	0.010
Molybdenum (mg)	0.0119	0.028
Sodium (mg)	123	290
Sodium (mmol)	5.3	12.6
Potassium (mg)	182	428
Potassium (mmol)	4.7	11
Chloride (mg)	107	251
Chloride (mmol)	3.0	7.1

**INGREDIENTS**

(D-D) Water, sugar (sucrose), sodium and calcium caseinate, corn maltodextrin, high oleic safflower oil, canola oil, soy protein isolate, corn oil, potassium citrate, sodium citrate, calcium phosphate, magnesium phosphate, natural and artificial flavour, magnesium chloride, salt (sodium chloride), soy lecithin, potassium phosphate, carrageenan, ascorbic acid, zinc sulphate, ferrous sulphate, niacinamide, *d*- $\alpha$ -tocopheryl acetate, manganese sulphate, cupric sulphate, calcium pantothenate, vitamin A palmitate, pyridoxine hydrochloride, thiamine chloride hydrochloride, riboflavin, folic acid, potassium iodide, sodium molybdate, biotin, sodium selenate, chromium chloride, vitamin D<sub>3</sub>, cyanocobalamin.

\*Ensure HP vanilla

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