

ENSURE PLUS®

COMPLETE, BALANCED NUTRITION



USAGE

ENSURE PLUS® is a great source of protein and is high in calories to help people gain or maintain weight. It is a complete and balanced nutritional supplement that can be used with or between meals or, in appropriate amounts, as a meal replacement. **ENSURE PLUS®** can also be used as a sole source nutrition, under the supervision of a healthcare professional.

- For people who need to gain or maintain weight
- For people who have fluid restrictions or require volume-limited feedings

FEATURES

- Improved taste, with new protein and carbohydrate blends
- 44% more protein and 105 more calories per bottle than regular Ensure
- Meets Health Canada Recommendations for dietary fat
- Improved oil blend, delivering improved omega-6 to omega-3 ratio
- Low in saturated fats
- No trans fats
- Lactose- and gluten-free
- Five delicious flavours: vanilla, chocolate, strawberry, café au lait and butter pecan

NUTRIENT FACTS

Nutrient density (Cal/mL)	1.5
Protein (% Cal)	15
Carbohydrate (% Cal)	57
Fat (% Cal)	28
Total Cal/g nitrogen	164:1
Nonprotein Cal/g nitrogen	139:1
Water (g/L)	743
Kosher	Yes
Gluten-free	Yes
Lactose-free	Yes
Low residue	Yes
Osmolality (mOsm/kg water)	633
Renal solute load (mOsm/L)	450

AVAILABILITY

Ready to Use:

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

Vanilla #50750-848

Chocolate #50751-848

Strawberry #50752-848

Butter Pecan #50753-848

Café au lait #50754-848

	Per 100 mL	Per 235 mL
ENERGY		
Kilojoules	632	1486
Calories	151	355
PROTEIN (g)	5.7	13.5
% of total energy	15%	
Source	Milk protein concentrate, soy protein concentrate, whey protein concentrate	
FAT (g)	4.7	11
Polyunsaturated fatty acids (g)	1.9	4.5
Monounsaturated fatty acids (g)	2.1	5.0
Saturated fatty acids (g)	0.4	1.0
Omega 6:Omega 3 ratio	5.5:1	
Cholesterol (mg)	4.3	10
Linoleic acid (g)	0.85	2.0
% of total energy	28%	
Source	Canola oil, corn oil, soy lecithin	
CARBOHYDRATE (g)	21.5	50.5
% of total energy	57%	
Source	Corn maltodextrin, sucrose	
Dietary fibre (g)	0	0

VITAMINS		
Vitamin A (RE/IU)	160/532	375/1250
Vitamin D ₃ (µg/IU)	0.64/26	1.5/60
Vitamin E (mg/IU)	1.2/1.6	2.8/3.8
Vitamin C (mg)	6.4	15
Thiamine (mg)	0.138	0.325
Riboflavin (mg)	0.18	0.43
Niacin (mg)	2.55	6
Vitamin B ₆ (mg)	0.21	0.50
Vitamin B ₁₂ (mg)	0.00021	0.0005
Folic acid (mg)	0.026	0.060
Pantothenic acid (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	3.8
Zinc (mg)	1.70	4.00
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)	0.012	0.028
Sodium (mg)	106	250
Sodium (mmol)	4.6	10.9
Potassium (mg)	170	400
Potassium (mmol)	4.4	10.3
Chloride (mg)	115	270
Chloride (mmol)	3.2	7.6

INGREDIENTS

(D-D) Water, corn maltodextrin, sugar (sucrose), milk protein concentrate, canola oil, soy protein concentrate, corn oil, natural and artificial flavours, whey protein concentrate, magnesium phosphate, sodium citrate, potassium citrate, soy lecithin, calcium phosphate, potassium chloride, salt (sodium chloride), ascorbic acid, carrageenan, potassium hydroxide, zinc sulphate, ferrous sulphate, niacinamide, *d*- α -tocopheryl acetate, manganese sulphate, cupric sulphate, calcium pantothenate, vitamin A palmitate, pyridoxine hydrochloride, thiamine chloride hydrochloride, riboflavin, folic acid, sodium molybdate, potassium iodide, chromium chloride, biotin, sodium selenate, vitamin D₃, cyanocobalamin. **Contains milk and soy ingredients.**

*Ensure Plus vanilla.



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- For people who have fluid restrictions or require volume-limited feedings

FEATURES

- Rich and creamy, good tasting
- 40% more protein and 105 more calories per can than regular Ensure
- Meets Health Canada Recommendations for dietary fat
- Low cholesterol and less than 3% saturated fat
- Lactose- and gluten-free

NUTRIENT FACTS

Nutrient density (Cal/mL)	1.5
Protein (% Cal)	15
Carbohydrate (% Cal)	61
Fat (% Cal)	24
Total Cal/g nitrogen	169:1
Nonprotein Cal/g nitrogen	144:1
Water (g/L)	770
Kosher	Yes
Gluten-free	Yes
Lactose-free	Yes
Low residue	Yes
Osmolality (mOsm/kg water)	788
Renal solute load (mOsm/L)	466

AVAILABILITY

Ready to Use:

- 235-mL cans, 12/case
- Vanilla #00707-570
- Chocolate #00702-570
- Strawberry #00718-570

	Per 100 mL	Per 235 mL
ENERGY		
Kilojoules	634	1490
Calories	151	355
PROTEIN (g)	5.66	13.3
% of total energy	15%	
Source	Calcium caseinates, soy protein	
FAT (g)	4.04	9.5
Polyunsaturated fatty acids (g)	0.8	1.9
Monounsaturated fatty acids (g)	1.7	4.0
Saturated fatty acids (g)	0.2	0.5
Omega 6:Omega 3 ratio	73:1	
Cholesterol (mg)	0.9	2.1
Linoleic acid (g)	0.77	1.8
% of total energy	24%	
Source	High oleic safflower/sunflower, canola & corn oils, soy lecithin	
CARBOHYDRATE (g)	23	54
% of total energy	61%	
Source	Corn syrup, maltodextrin, sucrose	
Dietary fibre (g)	0	0

VITAMINS		
Vitamin A (RE/IU)	160/532	375/1250
Vitamin D ₃ (µg/IU)	0.65/26	1.5/60
Vitamin E (mg/IU)	1.2/1.6	2.8/3.8
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	0.50
Vitamin B ₁₂ (mg)	0.00021	0.0005
Folic acid (mg)	0.026	0.060
Pantothenic acid (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	3.8
Zinc (mg)	1.70	4.00
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)	0.012	0.028
Sodium (mg)	106	250
Sodium (mmol)	4.6	10.9
Potassium (mg)	196	460
Potassium (mmol)	5.0	11.8
Chloride (mg)	164	385
Chloride (mmol)	4.6	10.9

INGREDIENTS

*(MKD) Water, corn syrup, corn maltodextrin, sugar, calcium caseinate, high oleic sunflower oil or high oleic safflower oil, canola oil, soy protein, corn oil, potassium citrate, salt, calcium phosphate tribasic, soy lecithin, potassium phosphate dibasic, natural and artificial flavour, magnesium phosphate dibasic, magnesium chloride, sodium citrate, ascorbic acid, carrageenan, 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, potassium iodide, biotin, sodium selenate, chromium chloride, vitamin D₃, cyanocobalamin. May contain potassium hydroxide.

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