

Product Information: Ensure® Original Powder

For more information, contact your Abbott Nutrition Representative or visit
www.abbottnutrition.com

Ensure® Original Powder

Complete, Balanced Nutrition®

- 1 ENSURE ORIGINAL POWDER is a source of Complete, Balanced Nutrition® for supplemental use with or between meals. It may benefit patients who have malnutrition, are at nutritional risk, experiencing involuntary weight loss, or on modified or low-residue diets.
- 1 For oral use.
- 1 For interim sole-source nutrition.
- 1 60% DV of vitamin D to support bone health.
- 1 26 essential vitamins and minerals.
- 1 Contains 82.5 mg choline per serving, which is 15% of the daily value for choline (550 mg).
- 1 Good source of protein (9 g/serving).
- 1 Kosher.
- 1 Halal.
- 1 Gluten free.
- 1 Low-residue.
- 1 Suitable for lactose intolerance.



Safety Precautions

- 1 Not for IV use.
- 1 Not for people with galactosemia.

Ingredients

Powder Vanilla:

Corn Syrup, Corn Maltodextrin, Sugar, Corn Oil, Sodium & Calcium Caseinates, Soy Protein Isolate, Artificial Flavor, Potassium Citrate, Magnesium Chloride, Calcium Phosphate, Sodium Citrate. Less than 0.5% of: Potassium Chloride, Soy Lecithin, Ascorbic Acid, Choline Chloride, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Niacinamide, Ferrous Sulfate, Calcium Pantothenate, Manganese Sulfate, Cupric Sulfate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Phylloquinone, Vitamin D3, and Cyanocobalamin.

Allergens: Contains milk and soy ingredients.

Availability

List Number	Item
00750	Ensure Original Powder Vanilla / 14-oz (397-g) can / 6 ct
63071	Ensure Original Powder Vanilla / 14-oz (397-g) can / 2 ct

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Nutrition Information - Powder Vanilla

	57 g (1/2 cup powder)	
	Value	%RDI / %DV*
Calories	250	
Calories from Fat	80	
Fat, g	9	14
Saturated Fat, g	1.5	8
Trans Fat, g	0	
Cholesterol, mg	<5	<2
Sodium, mg	190	8
Potassium, mg	350	10
Carbohydrate, g	34	11
Dietary Fiber, g	0	0
Sugars, g	13	
Protein, g	9	18
Vitamin A		15
Vitamin C		60
Calcium		15
Iron		15
Vitamin D		60
Vitamin E		20
Vitamin K		15
Thiamin		25
Riboflavin		25
Niacin		25
Vitamin B6		25
Folate		25
Vitamin B12		25
Biotin		25
Pantothenic Acid		25
Phosphorus		10
Iodine		15
Magnesium		10
Zinc		20
Selenium		15
Copper		15
Manganese		30
Chromium		15
Molybdenum		25
Chloride		8

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Powder Vanilla Footnotes & References

Per 57 g (1/2 cup powder)

*Percent Daily Values (%DV) are based on a 2,000 Calorie diet.

Preparation

Instructions for Use:

- 1 To prepare an 8 fl oz drink pour 3/4 cup cold water into glass.
- 1 Gradually stir in 1/2 cup Ensure Original Powder and mix until dissolved.
- 1 For flavor variety, you may add 3 tablespoons chocolate syrup, strawberry syrup, etc.
- 1 Ensure Original Powder prepared as directed, should be used promptly or covered, refrigerated, and used within 24 hours.
- 1 Opened can should be covered with overcap and stored in a cool, dry place, but not refrigerated.
- 1 Once opened, use contents within 3 weeks.

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