

# Are you getting the nutrition you need?



2 Hard-boiled Eggs



1 Medium Apple



1 Small Baked Potato



1 Tablespoon Almonds



3 oz Grilled Chicken Breast



3/4 Cup Blueberries



1 Cup Spinach



700 calories  
and 40 grams  
of protein

Cost ~ \$7-8

Cost ~ \$5

Ask your doctor about Ensure Enlive.

The only complete, balanced nutrition shake that has the unique ingredient HMB plus 20 grams of high quality protein to help rebuild lost muscle.

NUTRITION

Ensure  
Enlive

[Click here to view detailed product information and pricing.](#)

Call 800-397-5899 to order today!

# Abbott Nutrition has the right products to meet your needs

There's an Ensure that is right for you!



Ensure®  
Enlive®



Ensure®  
Plus



Ensure®  
Original



Ensure®  
High Protein



Ensure®  
Clear



Ensure®  
Compact®

HMB	✓	—	—	—	—	—
Calories	350	350	220	160	180	220
Protein	20 g	13 g	9 g	16 g	8 g	9 g

Glucerna is specifically designed to help minimize blood sugar spikes.\*



Glucerna®



Glucerna®  
Hunger  
Smart



Glucerna®  
Advance



Glucerna®  
Snack  
Shake



Glucerna®  
Nutrition  
Bars Crispy  
Delights



Glucerna®  
Nutrition  
Bars Mini  
Snacks

Calories	190	180	200	140	150	80
Protein	10 g	15 g	10 g	7g	10 g	3 g
Carbohydrates	23 g	14 g	26 g	19 g	20 g	10 g
Sugars	6 g	6 g	6 g	5 g	4 g	3 g

\*Glucerna has CarbSteady to help minimize blood sugar response compared to high glycemic carbohydrates. Use under medical supervision

©2016 Abbott Laboratories  
160089/February 2016 LITHO IN USA

**Abbott**