

# ENSURE® ENLIVE®

Advanced nutrition with 20 g of protein and HMB



## INDICATIONS FOR USE

Ensure® Enlive® is our most advanced nutrition formulation of all Ensure® products. It provides complete, balanced nutrition including 20 g of protein, 1.5 g of CaHMB†, and 3 g of short-chain fructooligosaccharides (scFOS). It can be used as a nutritious snack or a meal replacement.

- For patients with increased protein requirements and:
  - with muscle mass loss or involuntary weight loss;
  - with or at risk of malnutrition;
  - preparing for or recovering from surgery;
  - recovering from illness or injury;
  - who need to gain or maintain weight;
  - with elevated energy requirements;
  - with a reduced appetite;
  - with or at risk of pressure injuries
- Not suitable for people with galactosemia.

## FEATURES AND BENEFITS

- In a clinical study, Ensure® Enlive® significantly improved nutritional status within 90 days.<sup>1†</sup>
- Contains 1.5 g of CaHMB. Research has shown that HMB supplementation may positively impact muscle mass.<sup>2§</sup>
  - HMB is a metabolite of the essential amino acid leucine.
- Excellent source of high-quality protein, with 20 g per 235-mL serving.
- Provides 3 g of scFOS fibre per serving. scFOS:
  - may help promote the growth of beneficial bacteria in the large bowel;<sup>3¶</sup>
  - have been shown to help maintain regular bowel movements;<sup>4¶</sup>
  - may help increase calcium absorption.<sup>5,6¶</sup>
- Calorically dense, with 1.5 Cal/mL.
- Provides 26 vitamins and minerals (MR¶).
- For oral feeding only.
- 2 delicious flavours to prevent flavour fatigue: vanilla and chocolate.

## TECHNICAL DATA

	Ready to use
Caloric density (Cal/mL)	1.5
Protein (% of total energy)	22.8
Fat (% of total energy)	28.4
Carbohydrate (% of total energy)	47.4
Total Cal:g nitrogen ratio	111:1
Non-protein Cal:g nitrogen ratio	86.7:1
Water (g/L)	681
Osmolality (mOsm/kg water)	890
Renal solute load (mOsm/L)	600
Viscosity at room temperature/ chilled	Thin/nectar
Minimum tube size for gravity/ pump feeding (Fr)	N/A
Low residue	Yes
Gluten-free	Yes
Kosher	Yes
Halal	No (vanilla) Yes (chocolate)

## AVAILABILITY

### Ready to use

(Institutional/Hospital)

66311825 Ensure® Enlive®, Vanilla 235-mL bottles 24/case

66312825 Ensure® Enlive®, Chocolate 235-mL bottles 24/case

(Retail)

66309899 Ensure® Enlive®, Chocolate 235-mL bottles 4 x 4/case

HMB:  $\beta$ -hydroxy- $\beta$ -methylbutyrate. † CaHMB is the dietary source of HMB. ‡ In a clinical trial with over 600 undernourished people (Subjective Global Assessment [SGA] B or C) aged 65 and older with heart or lung disease, those using Ensure® Enlive® twice daily significantly improved their nutritional status over placebo within 90 days of hospital discharge. § When used in conjunction with exercise. ¶ Meal replacement.

### REFERENCES:

1. Deutz NE et al. Readmission and mortality in malnourished, older, hospitalized adults treated with a specialized oral nutritional supplement: A randomized clinical trial. *Clin Nutr* 2016;35:18-26. 2. Wilson et al. Effects of beta-hydroxy-beta-methylbutyrate (HMB) on exercise performance and body composition across varying levels of age, sex, and training experience: a review. *Nutr Metab* 2008;5:1. 3. Bouhnik Y et al. The capacity of short-chain fructo-oligosaccharides to stimulate faecal bifidobacteria: a dose-response relationship study in healthy humans. *Nutr J* 2006;5(8):1-6. 4. Tominaga S et al. Effects of ingested fructooligosaccharides on stool frequency in healthy female volunteers: A placebo-controlled study. *Bifidobacteria Microflora* 1999;18:49-53. 5. Uenishi K et al. Effects of malt drink containing fructooligosaccharides on calcium absorption and safety of long-term administration. *The Japanese Journal of Nutrition and Dietetics* 2002;60(1):11-8. 6. Fukushima Y et al. Calcium absorption of malt drinks containing fructooligosaccharides and safety in humans. *J Nutr Food* 2002;5(1):1-12.

**ENERGY**

	Per 100 mL	Per 235 mL
ENERGY (Cal [kJ])	149 (620)	350 (1460)
PROTEIN (g)	8.5	20
% of total energy		22.8
Taurine (mg)	0	0
Carnitine (mg)	0	0
Source	Sodium caseinate, soy protein, milk protein concentrate, whey protein concentrate	
FAT (g)	4.7	11
% of total energy		28.4
Polyunsaturated fatty acids (g)	1.75	4.11
Linoleic acid (g)	1.5	3.5
Linolenic acid (g)	0.25	0.59
Omega-6:Omega-3 ratio		5.3:1
Monounsaturated fatty acids (g)	2.4	5.6
Saturated fatty acids (g)	0.55	1.3
Cholesterol (mg)	2.8	6.6
Source	Canola oil, corn oil	
MCT oil (% of total fats)		0.0
CARBOHYDRATE (g)	18.8	44.2
% of total energy		47.4
Total dietary fibre (g)	1.3	3
Short-chain fructooligosaccharides (scFOS) (g)	1.3	3
Source	Corn syrup, sucrose, scFOS	
CaHMB (g)	0.64	1.5
Acesulfame-potassium (mg)	-	-
Sucralose (mg)	-	-

**VITAMINS**

Vitamin A (RE [IU])	160 (532)	376 (1250)
Vitamin D <sub>3</sub> (mcg [IU])	0.6 (26)	1.5 (60)
Vitamin E (mg [IU])	1.2 (1.7)	2.8 (4.1)
Vitamin K <sub>1</sub> (mg)	0	0
Vitamin C (mg)	6.4	15.0
Thiamine (mg)	0.14	0.32
Riboflavin (mg)	0.17	0.41
Niacin (mg)	2.5	5.9
Vitamin B <sub>6</sub> (mg)	0.18	0.41
Folic acid (mg)	0.026	0.061
Vitamin B <sub>12</sub> (mg)	0.00012	0.00028
Pantothenic acid (mg)	0.55	1.30
Biotin (mg)	0.015	0.035
Choline (mg)	34.9	82
Inositol (mg)	-	-

**MINERALS**

Sodium (mg [mmol])	110 (4.8)	259 (11.3)
Potassium (mg [mmol])	200 (5.1)	470 (12.1)
Chloride (mg [mmol])	60 (1.7)	155 (4.4)
Calcium (mg)	106	250
Phosphorus (mg)	107	251
Magnesium (mg)	28	65
Iron (mg)	1.11	2.6
Zinc (mg)	1.58	3.7
Iodine (mg)	0.018	0.042
Copper (mg)	0.21	0.50
Manganese (mg)	0.49	1.1
Selenium (mg)	0.005	0.012
Chromium (mg)	0.005	0.011
Molybdenum (mg)	0.011	0.026

CaHMB is approximately 1.4% of total energy and providing 3.2 Cal/g.

Nutritional information for Ensure® Enlive®, Vanilla, 235-mL bottle.

**INGREDIENTS**

**Ensure® Enlive®, Vanilla:**

Water, corn syrup, sodium caseinate, sucrose, canola oil, soy protein isolate, short-chain fructooligosaccharides (scFOS), corn oil, milk protein concentrate, calcium β-hydroxy-β-methylbutyrate (CaHMB), whey protein concentrate, natural and artificial flavours, cellulose gel, monoglycerides, soy lecithin, choline chloride, cellulose gum, MINERALS (potassium citrate, magnesium phosphate, potassium phosphate, sodium chloride, potassium chloride, zinc sulphate, ferrous sulphate, manganese sulphate, cupric sulphate, potassium iodide, calcium carbonate, chromium chloride, sodium molybdate, sodium selenate), VITAMINS (ascorbic acid, niacinamide, *dl*-α-tocopheryl acetate, d-calcium pantothenate, vitamin A palmitate, thiamine hydrochloride, pyridoxine hydrochloride, riboflavin, folic acid, biotin, vitamin D<sub>3</sub>, cyanocobalamin).

**CONTAINS: Priority food allergens:** Milk, soy. **Ingredients associated with food intolerances and/or sensitivities:** Corn, coconut oil, citric acid, natural and artificial flavours, lactose, other soy components.

**Additional ingredients for chocolate:** Cocoa powder.

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

**Call 800-397-5899 to order today!**

Values listed are subject to change. Please refer to the product label or packaging for the most current ingredient, allergen and nutrient profile information.

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