

G l u c e r n a <sup>®</sup> T h e r a p e u t i c  
N u t r i t i o n S h a k e



### Therapeutic nutrition for people with diabetes

GLUCERNA THERAPEUTIC NUTRITION SHAKE has CARBSTEADY<sup>®</sup>, including slow-release carbohydrates designed to help minimize blood glucose response.\* A great choice for patients who are trying to manage their blood glucose.\* For patients with hyperglycemia/abnormal glucose tolerance resulting from metabolic stress, such as illness, trauma or infection. For oral use only. Use under medical supervision as part of a diabetes management plan.

\* Designed to help minimize blood sugar spikes compared to high-glycemic carbohydrates.

#### Features

- Glucerna Therapeutic Nutrition Shake contains a fat blend which is within the American Heart Association and American Diabetes Association recommendations favoring monounsaturated and polyunsaturated fats and limiting saturated fat to help manage lipid profiles.<sup>1,2,3</sup>
- 24 essential vitamins and minerals in 8 fl oz.
- 1 g scFOS/8 fl oz. scFOS are prebiotics that stimulate the growth of beneficial bacteria in the colon.
- Antioxidant vitamins C and E to help protect against cell damage.
- Gluten-free.
- Halal.
- Kosher.
- Suitable for lactose intolerance.

<sup>1</sup> Eckel R, et al. Circulation. 2014;129:S76-S99.

<sup>2</sup> Lichtenstein A, et al. 2021. Circulation. 2021; 144:e472–e487. DOI: 10.1161/CIR.0000000000001031

<sup>3</sup> American Diabetes Association Professional Practice Committee. Diabetes Care 2022;45 (Suppl. 1):S60–S82

#### Safety Precautions

- Not for tube feeding.
- Not for sole-source nutrition.
- Not for IV use.
- Not suitable for people with galactosemia.

#### Availability

List Number	Item
64922	Glucerna Therapeutic Nutrition Shake Homemade Vanilla / 8 fl oz (237 mL) Recloseable Carton / 24 ct

#### Ingredients

##### Homemade Vanilla Liquid

Water, Corn Maltodextrin, Milk Protein Concentrate, Fructose, Canola Oil. Less than 2% of: Glycerin, Soy Protein Isolate, Corn Oil, Soluble Corn Fiber, Soy Fiber, Short-chain Fructooligosaccharides, Natural & Artificial Flavor, Potassium Citrate, Magnesium Phosphate, Salt, Choline Chloride, Ascorbic Acid, Cellulose Gel, Calcium Phosphate, Soy Lecithin, Monoglycerides, Potassium Chloride, Potassium Hydroxide, Calcium Carbonate, Carrageenan, Cellulose Gum, Ferrous Sulfate, dl-Alpha-Tocopheryl Acetate, Acesulfame Potassium, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Sucralose, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Copper Sulfate, Beta-Carotene, Vitamin A Palmitate, Folic Acid, Chromium Chloride, Potassium Iodide, Sodium Selenate, Sodium Molybdate, Phylloquinone, Biotin, Vitamin D3, and Vitamin B12.

Contains milk and soy ingredients.

#### Nutrition Information

8 fl oz (237 mL)	
Value	%DV*

# Glucerna® Therapeutic Nutrition Shake

Calories	220	
Total Fat, g	9	12
Saturated Fat, g	0.5	4
Trans Fat, g	0	
Polyunsaturated Fat, g	3	
Monounsaturated Fat, g	4	
Cholesterol, mg	<5	<2
Sodium, mg	210	9
Total Carbohydrate, g	26	9
Dietary Fiber, g	4	14
Total Sugars, g	7	
Added Sugars, g	7	13
Protein, g	10	20
Vitamin D, mcg	10	50
Calcium, mg	260	20
Iron, mg	4.5	25
Potassium, mg	380	8
Vitamin A		30
Vitamin C		100
Vitamin E		50
Vitamin K		20
Thiamin		25
Riboflavin		25
Niacin		25
Vitamin B6		25
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		25
Phosphorus		20
Iodine		25
Magnesium		25
Zinc		25
Selenium		20
Copper		25
Manganese		25
Chromium		50
Molybdenum		40
Chloride		10
Choline		25

<sup>†</sup>The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Preparation

**Instructions for Use:**

- Shake well. Best served chilled.
- After opening, refrigerate and consume product within 48 hours. If consuming product directly from the container, refrigerate and consume within 24 hours.