

Oral Nutrition Supplements Chart

Supplement	Serving Size	Calories	Protein (g)	Carbohydrates(g)	Fat(g)
Boost Original	1 bottle (237mL)	240	10	41	4
Boost High Protein	1 bottle (237mL)	240	15	33	6
Boost Plus	1 bottle (237mL)	360	14	45	14
Boost Calorie Smart	1 bottle (237mL)	190	16	16	7
Boost Glucose Control	1 bottle (8oz)	190	16	16	7
Impact	1 carton (250mL)	250	14	33	7
Impact Advanced Recovery	1 carton (237mL)	340	18	45	9.2
Impact Glutamine	1 carton (250mL)	325	19.5	37	10.8
Impact with Fiber	1 carton (250mL)	250	14	35	7
Carnation Breakfast Essentials	1 bottle (11 fl oz)	250	14	34	5
Glytrol	1 carton (250mL)	250	11.3	25	11.9
Isosource 1.5 CAL	1 carton (250mL)	375	16.9	42	16.2
Isosource HN	1 carton (250mL)	300	13.4	40	9.8
MCT oil	1 tbsp	115	0	0	14
Novasource	1 carton (237mL)	475	21.6	43.5	23.8
Nutrament	1 can (12 fl oz)	360	16	52	10
Nutren 1.0	1 carton (250mL)	250	10	32	9.5
Nutren 1.0 Fiber	1 carton (250mL)	250	10	32	9.5
Nutren 1.5	1 carton (250mL)	375	15	42	17
Nutren 2.0	1 carton (250mL)	500	20	49	26
Nutren Junior	1 carton (250mL)	250	7.5	27.5	12.4

Nutren Pulmonary	1 carton (250mL)	375	17	25	23.7
NutriHep	1 carton (250mL)	375	10	72.5	5.3
Optifast 800	1 carton (8 fl oz)	160	14	20	3
Optifast Very High Protein	1 carton (237 mL)	200	24	12	6
Peptamen	1 carton (250mL)	250	10	32	9.8
Peptamen AF	1 carton (250mL)	300	19	26.7	13.7
Peptamen Bariatric	1 carton (250mL)	250	23.3	19.5	9.5
Peptamen Junior	1 carton (250mL)	250	7.5	34	9.6
Peptamen with Prebio	1 carton (250mL)	250	10	32	9
Renalcal	1 carton (250mL)	500	8.6	72.6	20.6
Replete	1 carton (250mL)	250	15.6	28	8.5
Replete Fiber	1 carton (250mL)	250	15.6	28	8.5
Resource	1 carton (8 fl oz)	480	20	52	21
Vivonex RTF	1 carton (250mL)	250	12	44	2.9
Ensure	1 bottle (8 fl oz)	250	9	40	6
Ensure Plus	1 bottle (8 fl oz)	350	13	50	11
Ensure Muscle Health	1 bottle (8 fl oz)	250	13	32	8
Ensure Complete	1 bottle (8 fl oz)	350	13	51	11
Ensure High Protein	1 bottle (14 fl oz)	210	25	23	2.5
Ensure Clear	1 bottle (10 fl oz)	180	9	35	0
Glucerna Shakes	1 bottle (8 fl oz)	200	10	27	7
Glucerna Hunger Smart Shakes	1 bottle (11.5 fl oz)	180	15	16	8
Nepro	8 fl oz	425	19	37.9	22.7
Promote	8 fl oz	237	14.8	30.8	6.2