

Ensure® Max Protein

Nutrition shake

ENSURE MAX PROTEIN is a high-protein, low-fat nutrition shake with 1 g of sugar for people who need extra protein.



Features

- Excellent source of protein (30 g/11 fl oz).
- Milk Chocolate with Caffeine and Café Mocha include 100 mg of caffeine (as much as a cup of coffee).
- With nutrients for immune system support: protein, vitamin A, vitamin D, Zinc, antioxidants (vitamins C & E and selenium).
- Gluten-free.
- Kosher.
- Halal.
- Suitable for lactose intolerance.

Safety Precautions

- For oral use only.
- Not suitable for people with galactosemia.

Availability

List Number	Item
69147	Ensure Max Protein Birthday Cake / 11 fl oz (330 mL) Recloseable Carton / 3 x 4 ct

Ingredients

Birthday Cake Liquid

Water, Milk Protein Concentrate, Calcium Caseinate, Soluble Corn Fiber, Natural and Artificial Flavors. Less than 0.5% of: Vitamins & Minerals (Magnesium Phosphate, Potassium Chloride, Sodium Ascorbate, Potassium Phosphate, Sodium Phosphate, Choline Chloride, Potassium Hydroxide, Ferrous Sulfate, Zinc Sulfate, dl-Alpha-Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Chromium Chloride, Phyloquinone, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Vitamin D3, Biotin, Vitamin B12), High Oleic Sunflower Oil, Short-chain Fructooligosaccharides, Cellulose Gel, Salt, Cellulose Gum, Carrageenan, Acesulfame Potassium, and Sucralose.

Contains milk ingredients.

Nutrition Information

	11 fl oz (330 mL)	
	Value	%DV*
Calories	150	
Total Fat, g	2	3
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Polyunsaturated Fat, g	0	

Monounsaturated Fat, g	1	
Cholesterol, mg	20	7
Sodium, mg	230	10
Total Carbohydrate, g	6	2
Dietary Fiber, g	4	14
Total Sugars, g	1	
Added Sugars, g	0	0
Protein, g	30	60
Vitamin D, mcg	11	60
Calcium, mg	650	50
Iron, mg	2.7	15
Potassium, mg	390	8
Vitamin A		30
Vitamin C		50
Vitamin E		25
Vitamin K		20
Thiamin		25
Riboflavin		45
Niacin		50
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		35
Phosphorus		40
Iodine		25
Magnesium		25
Zinc		45
Selenium		45
Copper		25
Manganese		25
Chromium		25
Molybdenum		45
Chloride		15
Choline		15

*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.

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- With nutrients for immune system support: protein, vitamin A, vitamin D, Zinc, antioxidants (vitamins C & E and selenium).
- Gluten-free.
- Kosher.
- Halal.
- Suitable for lactose intolerance.

Safety Precautions

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Availability

List Number	Item
69139	Ensure Max Protein Caramel / 11 fl oz (330 mL) Recloseable Carton / 3 x 4 ct

Ingredients

Caramel Liquid

Water, Milk Protein Concentrate, Calcium Caseinate, Soluble Corn Fiber. Less than 0.5% of: Vitamins & Minerals (Magnesium Phosphate, Potassium Chloride, Sodium Ascorbate, Potassium Phosphate, Sodium Phosphate, Choline Chloride, Potassium Hydroxide, Ferrous Sulfate, Zinc Sulfate, dl-Alpha-Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Chromium Chloride, Phyloquinone, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Vitamin D3, Biotin, Vitamin B12), High Oleic Sunflower Oil, Short-chain Fructooligosaccharides, Natural and Artificial Flavors, Cellulose Gel, Salt, Cellulose Gum, Carrageenan, Acesulfame Potassium, and Sucralose.

Contains milk ingredients.

Nutrition Information

	11 fl oz (330 mL)	
	Value	%DV*
Calories	150	
Total Fat, g	2	3
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Polyunsaturated Fat, g	0	

Monounsaturated Fat, g	1	
Cholesterol, mg	20	7
Sodium, mg	230	10
Total Carbohydrate, g	6	2
Dietary Fiber, g	4	14
Total Sugars, g	1	
Added Sugars, g	0	0
Protein, g	30	60
Vitamin D, mcg	11	60
Calcium, mg	650	50
Iron, mg	2.7	15
Potassium, mg	390	8
Vitamin A		30
Vitamin C		50
Vitamin E		25
Vitamin K		20
Thiamin		25
Riboflavin		45
Niacin		50
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		35
Phosphorus		40
Iodine		25
Magnesium		25
Zinc		45
Selenium		45
Copper		25
Manganese		25
Chromium		25
Molybdenum		45
Chloride		15
Choline		15

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- With nutrients for immune system support: protein, vitamin A, vitamin D, Zinc, antioxidants (vitamins C & E and selenium).
- Gluten-free.
- Kosher.
- Halal.
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Safety Precautions

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Availability

List Number	Item
68463	Ensure Max Protein Creamy Peach / 11 fl oz (330 mL) Recloseable Carton / 3 x 4 ct

Ingredients

Creamy Peach Liquid

Water, Milk Protein Concentrate, Calcium Caseinate, Soluble Corn Fiber. Less than 0.5% of: Vitamins & Minerals (Magnesium Phosphate, Sodium Ascorbate, Potassium Chloride, Potassium Phosphate, Sodium Phosphate, Choline Chloride, Potassium Hydroxide, Ferrous Sulfate, Zinc Sulfate, dl-Alpha-Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Chromium Chloride, Phyloquinone, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Vitamin D3, Biotin, Vitamin B12), Natural & Artificial Flavor, High Oleic Sunflower Oil, Short-chain Fructooligosaccharides, Cellulose Gel, Salt, Cellulose Gum, Carrageenan, Turmeric Color, Acesulfame Potassium, Sucralose, and Red 3.

Contains milk ingredients.

Nutrition Information

	11 fl oz (330 mL)	
	Value	%DV*
Calories	150	
Total Fat, g	2	3
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Polyunsaturated Fat, g	0	

Monounsaturated Fat, g	1	
Cholesterol, mg	20	7
Sodium, mg	230	10
Total Carbohydrate, g	6	2
Dietary Fiber, g	4	14
Total Sugars, g	1	
Added Sugars, g	0	0
Protein, g	30	60
Vitamin D, mcg	11	60
Calcium, mg	650	50
Iron, mg	2.7	15
Potassium, mg	390	8
Vitamin A		30
Vitamin C		50
Vitamin E		25
Vitamin K		20
Thiamin		25
Riboflavin		45
Niacin		50
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		35
Phosphorus		40
Iodine		25
Magnesium		25
Zinc		45
Selenium		45
Copper		25
Manganese		25
Chromium		25
Molybdenum		45
Chloride		15
Choline		15

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Features

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- With nutrients for immune system support: protein, vitamin A, vitamin D, Zinc, antioxidants (vitamins C & E and selenium).
- Gluten-free.
- Kosher.
- Halal.
- Suitable for lactose intolerance.

Safety Precautions

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Availability

List Number	Item
68460	Ensure Max Protein Cherry Cheesecake / 11 fl oz (330 mL) Recloseable Carton / 3 x 4 ct

Ingredients

Cherry Cheesecake Liquid

Water, Milk Protein Concentrate, Calcium Caseinate, Soluble Corn Fiber. Less than 0.5% of: Vitamins & Minerals (Magnesium Phosphate, Sodium Ascorbate, Potassium Chloride, Potassium Phosphate, Sodium Phosphate, Choline Chloride, Potassium Hydroxide, Ferrous Sulfate, Zinc Sulfate, dl-Alpha-Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Chromium Chloride, Phyloquinone, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Vitamin D3, Biotin, Vitamin B12), High Oleic Sunflower Oil, Short-chain Fructooligosaccharides, Natural & Artificial Flavor, Cellulose Gel, Salt, Cellulose Gum, Carrageenan, Acesulfame Potassium, and Sucralose.

Contains milk ingredients.

Nutrition Information

	11 fl oz (330 mL)	
	Value	%DV*
Calories	150	
Total Fat, g	2	3
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Polyunsaturated Fat, g	0	

Monounsaturated Fat, g	1	
Cholesterol, mg	20	7
Sodium, mg	230	10
Total Carbohydrate, g	6	2
Dietary Fiber, g	4	14
Total Sugars, g	1	
Added Sugars, g	0	0
Protein, g	30	60
Vitamin D, mcg	11	60
Calcium, mg	650	50
Iron, mg	2.7	15
Potassium, mg	390	8
Vitamin A		30
Vitamin C		50
Vitamin E		25
Vitamin K		20
Thiamin		25
Riboflavin		45
Niacin		50
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		35
Phosphorus		40
Iodine		25
Magnesium		25
Zinc		45
Selenium		45
Copper		25
Manganese		25
Chromium		25
Molybdenum		45
Chloride		15
Choline		15

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- With nutrients for immune system support: protein, vitamin A, vitamin D, Zinc, antioxidants (vitamins C & E and selenium).
- Gluten-free.
- Kosher.
- Halal.
- Suitable for lactose intolerance.

Safety Precautions

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Availability

List Number	Item
68169	Ensure Max Protein Shake Creamy Strawberry / 11 fl oz (330 mL) Recloseable Carton / 3 x 4 ct

Ingredients

Creamy Strawberry Liquid

Water, Milk Protein Concentrate, Calcium Caseinate, Soluble Corn Fiber, Natural & Artificial Flavor. Less than 0.5% of: Vitamins & Minerals (Magnesium Phosphate, Sodium Ascorbate, Potassium Chloride, Potassium Phosphate, Sodium Phosphate, Choline Chloride, Potassium Hydroxide, Ferrous Sulfate, Zinc Sulfate, dl-Alpha-Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Chromium Chloride, Phyloquinone, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Vitamin D3, Biotin, Vitamin B12), High Oleic Sunflower Oil, Short-chain Fructooligosaccharides, Cellulose Gel, Salt, Cellulose Gum, Carrageenan, Acesulfame Potassium, Sucralose, and Red 3.

Contains milk ingredients.

Nutrition Information

	11 fl oz (330 mL)	
	Value	%DV*
Calories	150	
Total Fat, g	2	3
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Polyunsaturated Fat, g	0	

Monounsaturated Fat, g	1	
Cholesterol, mg	20	7
Sodium, mg	230	10
Total Carbohydrate, g	6	2
Dietary Fiber, g	4	14
Total Sugars, g	1	
Added Sugars, g	0	0
Protein, g	30	60
Vitamin D, mcg	11	60
Calcium, mg	650	50
Iron, mg	2.7	15
Potassium, mg	390	8
Vitamin A		30
Vitamin C		50
Vitamin E		25
Vitamin K		20
Thiamin		25
Riboflavin		45
Niacin		50
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		35
Phosphorus		40
Iodine		25
Magnesium		25
Zinc		45
Selenium		45
Copper		25
Manganese		25
Chromium		25
Molybdenum		45
Chloride		15
Choline		15

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- Milk Chocolate with Caffeine and Café Mocha include 100 mg of caffeine (as much as a cup of coffee).
- With nutrients for immune system support: protein, vitamin A, vitamin D, Zinc, antioxidants (vitamins C & E and selenium).
- Gluten-free.
- Kosher.
- Halal.
- Suitable for lactose intolerance.

Safety Precautions

- For oral use only.
- Not suitable for people with galactosemia.

Availability

List Number	Item
68166	Ensure Max Protein Shake Milk Chocolate with Caffeine / 11 fl oz (330 mL) Recloseable Carton / 3 x 4

Ingredients

Milk Chocolate with Caffeine Liquid

Water, Milk Protein Concentrate, Calcium Caseinate, Cocoa Powder (Processed with Alkali). Less than 0.5% of: Vitamins & Minerals (Magnesium Phosphate, Sodium Ascorbate, Potassium Phosphate, Sodium Phosphate, Choline Chloride, Potassium Hydroxide, Zinc Sulfate, dl-Alpha-Tocopheryl Acetate, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Phyloquinone, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Vitamin D3, Biotin, Vitamin B12), Soluble Corn Fiber, Short-chain Fructooligosaccharides, Natural & Artificial Flavor, High Oleic Sunflower Oil, Salt, Cellulose Gel, Caffeine, Acesulfame Potassium, Cellulose Gum, Sucralose, and Carrageenan.

Contains milk ingredients. Caffeine content: 100 mg/serving.

Nutrition Information

11 fl oz (330 mL)		
	Value	%DV*
Calories	150	
Total Fat, g	1.5	2
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Polyunsaturated Fat, g	0	

Monounsaturated Fat, g	0.5	
Cholesterol, mg	20	7
Sodium, mg	250	11
Total Carbohydrate, g	7	3
Dietary Fiber, g	4	14
Total Sugars, g	1	
Added Sugars, g	0	0
Protein, g	30	60
Vitamin D, mcg	11	60
Calcium, mg	650	50
Iron, mg	2.7	15
Potassium, mg	380	8
Vitamin A		30
Vitamin C		50
Vitamin E		25
Vitamin K		20
Thiamin		25
Riboflavin		45
Niacin		50
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		35
Phosphorus		40
Iodine		30
Magnesium		35
Zinc		45
Selenium		45
Copper		40
Manganese		25
Chromium		35
Molybdenum		45
Chloride		10
Choline		15

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- With nutrients for immune system support: protein, vitamin A, vitamin D, Zinc, antioxidants (vitamins C & E and selenium).
- Gluten-free.
- Kosher.
- Halal.
- Suitable for lactose intolerance.

Safety Precautions

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- Not suitable for people with galactosemia.

Availability

List Number	Item
67724	Ensure Max Protein Shake French Vanilla / 11 fl oz (330 mL) Recloseable Carton / 12 ct
67165	Ensure Max Protein Shake French Vanilla / 11 fl oz (330 mL) Recloseable Carton / 3 x 4 ct

Ingredients

French Vanilla Liquid

Water, Milk Protein Concentrate, Calcium Caseinate, Soluble Corn Fiber. Less than 0.5% of: Vitamins & Minerals (Magnesium Phosphate, Sodium Ascorbate, Potassium Chloride, Potassium Phosphate, Sodium Phosphate, Choline Chloride, Potassium Hydroxide, Ferrous Sulfate, Zinc Sulfate, dl-Alpha-Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Chromium Chloride, Phyloquinone, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Vitamin D3, Biotin, Vitamin B12), Natural & Artificial Flavor, High Oleic Sunflower Oil, Short-chain Fructooligosaccharides, Cellulose Gel, Salt, Cellulose Gum, Carrageenan, Acesulfame Potassium, and Sucralose.

Contains milk ingredients.

Nutrition Information

	11 fl oz (330 mL)	
	Value	%DV*
Calories	150	
Total Fat, g	2	3
Saturated Fat, g	0.5	3
Trans Fat, g	0	

Polyunsaturated Fat, g	0	
Monounsaturated Fat, g	1	
Cholesterol, mg	20	7
Sodium, mg	230	10
Total Carbohydrate, g	6	2
Dietary Fiber, g	4	14
Total Sugars, g	1	
Added Sugars, g	0	0
Protein, g	30	60
Vitamin D, mcg	11	60
Calcium, mg	650	50
Iron, mg	2.7	15
Potassium, mg	390	8
Vitamin A		30
Vitamin C		50
Vitamin E		25
Vitamin K		20
Thiamin		25
Riboflavin		45
Niacin		50
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		35
Phosphorus		40
Iodine		25
Magnesium		25
Zinc		45
Selenium		45
Copper		25
Manganese		25
Chromium		25
Molybdenum		45
Chloride		15
Choline		15

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- Milk Chocolate with Caffeine and Café Mocha include 100 mg of caffeine (as much as a cup of coffee).
- With nutrients for immune system support: protein, vitamin A, vitamin D, Zinc, antioxidants (vitamins C & E and selenium).
- Gluten-free.
- Kosher.
- Halal.
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Safety Precautions

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Availability

List Number	Item
66893	Ensure Max Protein Shake Cafe Mocha / 11 fl oz (330 mL) Recloseable Carton / 3 x 4 ct

Ingredients

Café Mocha Liquid

Water, Milk Protein Concentrate, Colombian Coffee Extract, Calcium Caseinate, Soluble Corn Fiber. Less than 0.5% of: Vitamins & Minerals (Magnesium Phosphate, Sodium Ascorbate, Potassium Phosphate, Sodium Phosphate, Choline Chloride, Potassium Hydroxide, Ferrous Sulfate, Zinc Sulfate, dl-Alpha-Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Chromium Chloride, Phyloquinone, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Vitamin D3, Biotin, Vitamin B12), Short-chain Fructooligosaccharides, Cellulose Gel, Natural & Artificial Flavor, High Oleic Sunflower Oil, Cellulose Gum, Salt, Acesulfame Potassium, Carrageenan, and Sucralose.

Contains milk ingredients. Caffeine content: 100 mg/serving.

Nutrition Information

	11 fl oz (330 mL)	
	Value	%DV*
Calories	150	
Total Fat, g	1	1
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Polyunsaturated Fat, g	0	

Monounsaturated Fat, g	0	
Cholesterol, mg	20	7
Sodium, mg	240	10
Total Carbohydrate, g	8	3
Dietary Fiber, g	4	14
Total Sugars, g	1	
Added Sugars, g	0	0
Protein, g	30	60
Vitamin D, mcg	11	60
Calcium, mg	650	50
Iron, mg	2.7	15
Potassium, mg	420	10
Vitamin A		30
Vitamin C		50
Vitamin E		25
Vitamin K		20
Thiamin		25
Riboflavin		45
Niacin		50
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		35
Phosphorus		40
Iodine		25
Magnesium		25
Zinc		45
Selenium		45
Copper		25
Manganese		25
Chromium		25
Molybdenum		45
Chloride		10
Choline		15

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- Milk Chocolate with Caffeine and Café Mocha include 100 mg of caffeine (as much as a cup of coffee).
- With nutrients for immune system support: protein, vitamin A, vitamin D, Zinc, antioxidants (vitamins C & E and selenium).
- Gluten-free.
- Kosher.
- Halal.
- Suitable for lactose intolerance.

Safety Precautions

- For oral use only.
- Not suitable for people with galactosemia.

Availability

List Number	Item
67725	Ensure Max Protein Shake Milk Chocolate / 11 fl oz (330 mL) Recloseable Carton / 12 ct
66899	Ensure Max Protein Shake Milk Chocolate / 11 fl oz (330 mL) Recloseable Carton / 3 x 4 ct

Ingredients

Milk Chocolate Liquid

Water, Milk Protein Concentrate, Calcium Caseinate, Cocoa Powder (Processed with Alkali). Less than 0.5% of: Vitamins & Minerals (Magnesium Phosphate, Sodium Ascorbate, Potassium Phosphate, Sodium Phosphate, Choline Chloride, Potassium Hydroxide, Zinc Sulfate, dl-Alpha-Tocopheryl Acetate, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Phyloquinone, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Vitamin D3, Biotin, Vitamin B12), Soluble Corn Fiber, Short-chain Fructooligosaccharides, Natural & Artificial Flavor, High Oleic Sunflower Oil, Salt, Cellulose Gel, Acesulfame Potassium, Cellulose Gum, Sucralose, and Carrageenan.

Contains milk ingredients.

Nutrition Information

	11 fl oz (330 mL)	
	Value	%DV*
Calories	150	
Total Fat, g	1.5	2
Saturated Fat, g	0.5	3
Trans Fat, g	0	

Polyunsaturated Fat, g	0	
Monounsaturated Fat, g	0.5	
Cholesterol, mg	20	7
Sodium, mg	250	11
Total Carbohydrate, g	7	3
Dietary Fiber, g	4	14
Total Sugars, g	1	
Added Sugars, g	0	0
Protein, g	30	60
Vitamin D, mcg	11	60
Calcium, mg	650	50
Iron, mg	2.7	15
Potassium, mg	380	8
Vitamin A		30
Vitamin C		50
Vitamin E		25
Vitamin K		20
Thiamin		25
Riboflavin		45
Niacin		50
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		35
Phosphorus		40
Iodine		30
Magnesium		35
Zinc		45
Selenium		45
Copper		40
Manganese		25
Chromium		35
Molybdenum		45
Chloride		10
Choline		15

*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.