

Ensure® Plus Nutrition Shake

Complete, Balanced Nutrition®

ENSURE PLUS provides concentrated calories and protein to help patients gain or maintain healthy weight. It can benefit patients who have malnutrition, are at nutritional risk, or are experiencing involuntary weight loss. For oral use. For interim sole-source nutrition. To help gain or maintain a healthy weight.



Features

- 50% more calories than Ensure Original (350 vs 220 Cal/8 fl oz).
- 75% more protein than Ensure Original (16 vs 9 g/8 fl oz).
- Excellent source of vitamin D and calcium to support bone health.
- Concentrated calories (1.5 Cal/mL) and an excellent source of protein (16 g/8 fl oz).
- Excellent source (650 mg/8 fl oz) of plant-based omega-3 fatty acid alpha-linolenic acid (ALA, 40% of 1.6 g DV) to support heart health.
- 27 vitamins and minerals.
- Ensure is the #1 doctor recommended brand.
- Kosher.
- Halal.
- Gluten-free.
- Suitable for lactose intolerance. *

*• Not for people with galactosemia.

Safety Precautions

- Not for IV use.
- Not for people with galactosemia.

Availability

List Number	Item Description
62932	Ensure Plus Nutrition Shake Vanilla / 8 fl oz (237 mL) Bottle / 16 ct
57755	Ensure Plus Nutrition Shake Vanilla / 8 fl oz (237 mL) Bottle / 24 ct
57263	Ensure Plus Nutrition Shake Vanilla / 8 fl oz (237 mL) Bottle / 4 x 6 ct

Ingredients

Vanilla Liquid: Water, Corn Maltodextrin, Sugar, Milk Protein Concentrate, Blend of Vegetable Oils (Canola, Corn), Soy Protein Isolate. Less than 0.5% of: Vitamins & Minerals (Potassium Citrate, Magnesium Phosphate, Sodium Citrate, Potassium Chloride, Choline Chloride, Ascorbic Acid, Calcium Carbonate, Ferrous Sulfate, dl-Alpha-Tocopheryl Acetate, Calcium Phosphate, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Copper Sulfate, Riboflavin, Vitamin A Palmitate, Folic Acid, Potassium Iodide, Chromium Chloride, Sodium Selenate, Sodium Molybdate, Phylloquinone, Vitamin D3, Biotin, Vitamin B12), Nonfat Milk, Natural & Artificial Flavors, Soy Lecithin, Cellulose Gel, Cellulose Gum, Salt, and Carrageenan.

Contains milk and soy ingredients.

Nutrition Information

Nutrient	8 fl oz (237 mL)	
	Value	%DV
Calories	350	
Total Fat, g	11	14
Saturated Fat, g	1	5
Trans Fat, g	0	
Polyunsaturated Fat, g	4	
Monounsaturated Fat, g	5	
Cholesterol, mg	10	3
Sodium, mg	210	9
Total Carbohydrate, g	47	17
Dietary Fiber, g	0	0
Total Sugars, g	20	
Added Sugars, g	19	39
Protein, g	16	32
Vitamin D, mcg	8	40
Vitamin A		25
Vitamin C		50
Vitamin E		50
Vitamin K		20
Thiamin		25
Riboflavin		30

Ensure® Plus Nutrition Shake

Nutrient	8 fl oz (237 mL)	
	Value	%DV
Niacin		45
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		30
Choline		25
Calcium, mg	330	25
Iron, mg	4.5	25
Potassium, mg	470	10
Phosphorus		20
Iodine		25
Magnesium		20
Zinc		40
Selenium		30
Copper		30
Manganese		25
Chromium		25
Molybdenum		45
Chloride		10

*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.



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- 27 vitamins and minerals.
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Availability

List Number	Item Description
57269	Ensure Plus Nutrition Shake Strawberry / 8 fl oz (237 mL) Bottle / 4 x 6 ct

Ingredients

Strawberry Liquid: Water, Corn Maltodextrin, Sugar, Milk Protein Concentrate, Blend of Vegetable Oils (Canola, Corn), Soy Protein Isolate. Less than 0.5% of: Vitamins & Minerals (Potassium Citrate, Magnesium Phosphate, Sodium Citrate, Potassium Chloride, Choline Chloride, Ascorbic Acid, Calcium Carbonate, Ferrous Sulfate, Red #3, dl-Alpha-Tocopheryl Acetate, Calcium Phosphate, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Copper Sulfate, Riboflavin, Vitamin A Palmitate, Folic Acid, Potassium Iodide, Chromium Chloride, Sodium Selenate, Sodium Molybdate, Phylloquinone, Vitamin D3, Biotin, Vitamin B12), Nonfat Milk, Natural & Artificial Flavors, Soy Lecithin, Cellulose Gel, Cellulose Gum, Salt, Carrageenan, and Red 3.

Contains milk and soy ingredients.

Nutrition Information

Nutrient	8 fl oz (237 mL)	
	Value	%DV
Calories	350	
Total Fat, g	11	14
Saturated Fat, g	1	5
Trans Fat, g	0	
Polyunsaturated Fat, g	4	
Monounsaturated Fat, g	5	
Cholesterol, mg	10	3
Sodium, mg	210	9
Total Carbohydrate, g	47	17
Dietary Fiber, g	0	0
Total Sugars, g	20	
Added Sugars, g	19	39
Protein, g	16	32
Vitamin D, mcg	8	40
Vitamin A		25
Vitamin C		50
Vitamin E		50
Vitamin K		20
Thiamin		25
Riboflavin		30

Ensure® Plus Nutrition Shake

Nutrient	8 fl oz (237 mL)	
	Value	%DV
Niacin		45
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		30
Choline		25
Calcium, mg	330	25
Iron, mg	4.5	25
Potassium, mg	470	10
Phosphorus		20
Iodine		25
Magnesium		20
Zinc		40
Selenium		30
Copper		30
Manganese		25
Chromium		25
Molybdenum		45
Chloride		10

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- 27 vitamins and minerals.
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- Halal.
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Availability

List Number	Item Description
66544	Ensure Plus Nutrition Shake Milk Chocolate / 8 fl oz (237 mL) Bottle / 16 ct
57756	Ensure Plus Nutrition Shake Milk Chocolate / 8 fl oz (237 mL) Bottle / 24 ct
57266	Ensure Plus Nutrition Shake Milk Chocolate / 8 fl oz (237 mL) Bottle / 4 x 6 ct

Ingredients

Milk Chocolate Liquid: Water, Corn Maltodextrin, Sugar, Milk Protein Concentrate, Blend of Vegetable Oils (Canola, Corn), Soy Protein Isolate, Cocoa Powder (Processed with Alkali). Less than 0.5% of: Vitamins & Minerals (Potassium Citrate, Sodium Citrate, Magnesium Phosphate, Potassium Chloride, Choline Chloride, Calcium Carbonate, Ascorbic Acid, Ferrous Sulfate, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Calcium Phosphate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Copper Sulfate, Riboflavin, Vitamin A Palmitate, Folic Acid, Potassium Iodide, Sodium Selenate, Sodium Molybdate, Phylloquinone, Vitamin D3, Biotin, Vitamin B12), Nonfat Milk, Natural & Artificial Flavors, Soy Lecithin, Cellulose Gel, Cellulose Gum, Salt, and Carrageenan.

Contains milk and soy ingredients.

Nutrition Information

Nutrient	8 fl oz (237 mL)	
	Value	%DV
Calories	350	
Total Fat, g	11	14
Saturated Fat, g	1.5	8
Trans Fat, g	0	
Polyunsaturated Fat, g	4	
Monounsaturated Fat, g	5	
Cholesterol, mg	10	3
Sodium, mg	210	9
Total Carbohydrate, g	48	17
Dietary Fiber, g	1	4
Total Sugars, g	22	
Added Sugars, g	21	43
Protein, g	16	32
Vitamin D, mcg	8	40
Vitamin A		25
Vitamin C		50
Vitamin E		50
Vitamin K		20
Thiamin		25
Riboflavin		30

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Nutrient	8 fl oz (237 mL)	
	Value	%DV
Niacin		45
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		30
Choline		25
Calcium, mg	330	25
Iron, mg	4.5	25
Potassium, mg	470	10
Phosphorus		20
Iodine		25
Magnesium		20
Zinc		40
Selenium		30
Copper		40
Manganese		30
Chromium		25
Molybdenum		45
Chloride		10

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- 27 vitamins and minerals.
- Ensure is the #1 doctor recommended brand.
- Kosher.
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Availability

List Number	Item Description
53809	Ensure Plus Nutrition Shake Dark Chocolate / 8 fl oz (237 mL) Bottle / 4 x 6 ct

Ingredients

Dark Chocolate Liquid: Water, Corn Maltodextrin, Sugar, Milk Protein Concentrate, Blend of Vegetable Oils (Canola, Corn), Cocoa Powder (Processed with Alkali), Soy Protein Isolate. Less than 0.5% of: Vitamins & Minerals (Sodium Citrate, Potassium Chloride, Magnesium Phosphate, Potassium Citrate, Choline Chloride, Calcium Carbonate, Ascorbic Acid, Calcium Phosphate, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Niacinamide, Ferrous Sulfate, Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Copper Sulfate, Riboflavin, Vitamin A Palmitate, Folic Acid, Potassium Iodide, Sodium Selenate, Sodium Molybdate, Phylloquinone, Vitamin B12, Biotin, Vitamin D3), Nonfat Milk, Soy Lecithin, Natural & Artificial Flavors, Cellulose Gel, Cellulose Gum, Carrageenan, and Salt.

Contains milk and soy ingredients.

Nutrition Information

Nutrient	8 fl oz (237 mL)	
	Value	%DV
Calories	350	
Total Fat, g	11	14
Saturated Fat, g	1.5	8
Trans Fat, g	0	
Polyunsaturated Fat, g	4	
Monounsaturated Fat, g	5	
Cholesterol, mg	10	3
Sodium, mg	230	10
Total Carbohydrate, g	47	17
Dietary Fiber, g	1	4
Total Sugars, g	19	
Added Sugars, g	18	37
Protein, g	16	32
Vitamin D, mcg	8	40
Vitamin A		25
Vitamin C		50
Vitamin E		50
Vitamin K		20
Thiamin		25
Riboflavin		30

Ensure® Plus Nutrition Shake

Nutrient	8 fl oz (237 mL)	
	Value	%DV
Niacin		45
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		30
Choline		25
Calcium, mg	330	25
Iron, mg	4.5	25
Potassium, mg	470	10
Phosphorus		20
Iodine		25
Magnesium		20
Zinc		40
Selenium		30
Copper		50
Manganese		35
Chromium		50
Molybdenum		50
Chloride		10

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- 27 vitamins and minerals.
- Ensure is the #1 doctor recommended brand.
- Kosher.
- Halal.
- Gluten-free.
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Safety Precautions

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Availability

List Number	Item Description
57272	Ensure Plus Nutrition Shake Butter Pecan / 8 fl oz (237 mL) Bottle / 4 x 6 ct

Ingredients

Butter Pecan Liquid: Water, Corn Maltodextrin, Sugar, Milk Protein Concentrate, Blend of Vegetable Oils (Canola, Corn), Soy Protein Isolate. Less than 0.5% of: Vitamins & Minerals (Potassium Citrate, Magnesium Phosphate, Sodium Citrate, Potassium Chloride, Choline Chloride, Ascorbic Acid, Calcium Carbonate, Ferrous Sulfate, dl-Alpha-Tocopheryl Acetate, Calcium Phosphate, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Copper Sulfate, Riboflavin, Vitamin A Palmitate, Folic Acid, Potassium Iodide, Chromium Chloride, Sodium Selenate, Sodium Molybdate, Phylloquinone, Vitamin D3, Biotin, Vitamin B12), Nonfat Milk, Natural & Artificial Flavors, Soy Lecithin, Cellulose Gel, Cellulose Gum, Salt, and Carrageenan.

Contains milk and soy ingredients.

Nutrition Information

Nutrient	8 fl oz (237 mL)	
	Value	%DV
Calories	350	
Total Fat, g	11	14
Saturated Fat, g	1	5
Trans Fat, g	0	
Polyunsaturated Fat, g	4	
Monounsaturated Fat, g	5	
Cholesterol, mg	10	3
Sodium, mg	210	9
Total Carbohydrate, g	47	17
Dietary Fiber, g	0	0
Total Sugars, g	20	
Added Sugars, g	19	39
Protein, g	16	32
Vitamin D, mcg	8	40
Vitamin A		25
Vitamin C		50
Vitamin E		50
Vitamin K		20
Thiamin		25
Riboflavin		30

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Nutrient	8 fl oz (237 mL)	
	Value	%DV
Niacin		45
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		30
Choline		25
Calcium, mg	330	25
Iron, mg	4.5	25
Potassium, mg	470	10
Phosphorus		20
Iodine		25
Magnesium		20
Zinc		40
Selenium		30
Copper		30
Manganese		25
Chromium		25
Molybdenum		45
Chloride		10

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