

Ensure® High Protein Therapeutic Nutrition Shake

Therapeutic Nutrition

ENSURE® HIGH PROTEIN is high in protein to support muscle health and low in fat. For oral use. For supplemental nutrition. Use as part of a healthy diet. Use under medical supervision.



Features

- Excellent source of protein (16 g/8 fl oz).
- 27 essential vitamins and minerals.
- Low fat (2 g/8 fl oz).
- Ensure is the #1 doctor recommended brand.
- Kosher.
- Halal.
- Gluten-free.
- Suitable for lactose intolerance.

Safety Precautions

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

Availability

List Number	Item Description
64895	Ensure High Protein TN Shake Milk Chocolate / 8 fl oz (237 mL) Recloseable Carton / 24 ct
64134	Ensure High Protein TN Shake Milk Chocolate / 8 fl oz (237 mL) Bottle / 24 ct

Ingredients

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

Contains milk and soy ingredients.

Nutrition Information

Nutrient	8 fl oz (237 mL)	
	Value	%DV
Calories	160	
Total Fat, g	2	3
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Polyunsaturated Fat, g	0.5	
Monounsaturated Fat, g	1	
Cholesterol, mg	20	7
Sodium, mg	210	9
Total Carbohydrate, g	19	7
Dietary Fiber, g	<1	<3
Total Sugars, g	4	
Added Sugars, g	4	7
Protein, g	16	32
Vitamin D, mcg	8	40
Vitamin A		25
Vitamin C		50
Vitamin E		50
Vitamin K		20
Thiamin		40
Riboflavin		40

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Nutrient	8 fl oz (237 mL)	
	Value	%DV
Niacin		60
Vitamin B6		40
Folate		40
Folic Acid, mcg	96	
Vitamin B12		40
Biotin		40
Pantothenic Acid		40
Choline, mg		25
Calcium, mg	520	40
Iron, mg	4.5	25
Potassium, mg	470	10
Phosphorus		25
Iodine		25
Magnesium		20
Zinc		30
Selenium		25
Copper		25
Manganese		25
Chromium		25
Molybdenum		25
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. Serve cold. Refrigerate after opening.
- 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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Availability

List Number	Item Description
64898	Ensure High Protein TN Shake Vanilla / 8 fl oz (237 mL) Recloseable Carton / 24 ct
64136	Ensure High Protein TN Shake Vanilla / 8 fl oz (237 mL) Bottle / 24 ct



Ingredients

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

Contains milk and soy ingredients.

Nutrition Information

Nutrient	8 fl oz (237 mL)	
	Value	%DV
Calories	160	
Total Fat, g	2	3
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Polyunsaturated Fat, g	0.5	
Monounsaturated Fat, g	1	
Cholesterol, mg	20	7
Sodium, mg	210	9
Total Carbohydrate, g	19	7
Dietary Fiber, g	<1	<3
Total Sugars, g	4	
Added Sugars, g	4	7
Protein, g	16	32
Vitamin D, mcg	8	40
Vitamin A		25
Vitamin C		50
Vitamin E		50
Vitamin K		20
Thiamin		40
Riboflavin		40

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Nutrient	8 fl oz (237 mL)	
	Value	%DV
Niacin		60
Vitamin B6		40
Folate		40
Folic Acid, mcg	96	
Vitamin B12		40
Biotin		40
Pantothenic Acid		40
Choline		25
Calcium, mg	520	40
Iron, mg	4.5	25
Potassium, mg	470	10
Phosphorus		25
Iodine		25
Magnesium		20
Zinc		30
Selenium		25
Copper		25
Manganese		25
Chromium		25
Molybdenum		25
Chloride		10

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