

Ensure® Complete

Nutrition Shake

ENSURE COMPLETE has the ALL-IN-ONE premium nutrition blend to support Muscle, Bone, Immune, Heart and Digestive Health. It is specially formulated to help maintain and regain lean body mass and strength in patients recovering from illness, injury and surgery. For supplemental nutrition. For oral use. Use as part of a healthy diet.



Features

- Complete and balanced nutrition to gain or maintain a healthy weight.
- Excellent source (30g/serving) of high-quality protein.
- Excellent source of calcium and vitamin D to support bone health.
- Excellent source (450 mg/serving) of plant-based omega-3 fatty acid ALA (30% of 1.6g DV) to support heart health.
- Excellent source of antioxidants (vitamins C & E and selenium) to support immune health.
- Good source of fiber * (4 g/serving) to support digestive health.
- 25 essential vitamins and minerals.
- Concentrated calories (1.2 Cal/mL).
- From the makers of the #1 doctor-recommended brand, Ensure®.
- Halal.
- Kosher.
- Gluten-free.
- Suitable for lactose intolerance. †

* Contains 8 grams of total fat per 10 fl oz serving.

† Not for people with galactosemia.

Safety Precautions

- Not for people with galactosemia.

Availability

List Number

68059

Item Description

Ensure Complete Strawberry / 10 fl oz (296 mL) Bottle / 4 x 4 ct

Ingredients

Strawberry Liquid: Water, Corn Syrup, Milk Protein Concentrate, Sugar, Calcium Caseinate, Canola Oil, Soy Protein Isolate, Soluble Corn Fiber, Short-chain Fructooligosaccharides. Less than 0.5% of: MINERALS (Potassium Citrate, Magnesium Phosphate, Ascorbic Acid, Choline Chloride, Sodium Phosphate, Potassium Phosphate, Sodium Citrate, Potassium Hydroxide, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Potassium Chloride, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Copper Sulfate, Vitamin A Palmitate, Folic Acid, Phylloquinone, Potassium Iodide, Sodium Selenate, Chromium Chloride, Biotin, Vitamin D3, Sodium Molybdate, Vitamin B12), Corn Oil, Natural & Artificial Flavors, Cellulose Gel, Salt, Monoglycerides, Soy Lecithin, Cellulose Gum, Gellan Gum, Acesulfame Potassium, Sucralose, and Red 3.

Contains milk and soy ingredients.

Nutrition Information

Nutrient	10 fl oz (296 mL)	
	Value	%DV
Calories	350	
Total Fat, g	8	10
Saturated Fat, g	1.5	8
Trans Fat, g	0	
Polyunsaturated Fat, g	2	
Monounsaturated Fat, g	3.5	
Cholesterol, mg	20	7
Sodium, mg	230	10
Total Carbohydrate, g	42	15
Dietary Fiber, g	4	14
Total Sugars, g	15	
Added Sugars, g	15	29
Protein, g	30	60
Vitamin D, mcg	10	50
Vitamin A		25
Vitamin C		100
Vitamin E		100
Vitamin K		30
Thiamin		40
Riboflavin		40

Nutrient	10 fl oz (296 mL)	
	Value	%DV
Niacin		70
Vitamin B6		40
Folate		35
Folic Acid, mcg	84	
Vitamin B12		70
Biotin		40
Pantothenic Acid		40
Choline		25
Calcium, mg	520	40
Iron, mg	4.5	25
Potassium, mg	470	10
Phosphorus		40
Iodine		25
Magnesium		20
Zinc		70
Selenium		50
Copper		25
Manganese		25
Chromium		25
Molybdenum		40
Chloride		8

*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

Shake Well, Serve Cold. Refrigerate after opening.

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Nutrition Shake

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- Excellent source of calcium and vitamin D to support bone health.
- Excellent source (450 mg/serving) of plant-based omega-3 fatty acid ALA (30% of 1.6g DV) to support heart health.
- Excellent source of antioxidants (vitamins C & E and selenium) to support immune health.
- Good source of fiber * (4 g/serving) to support digestive health.
- 25 essential vitamins and minerals.
- Concentrated calories (1.2 Cal/mL).
- From the makers of the #1 doctor-recommended brand, Ensure®.
- Halal.
- Kosher.
- Gluten-free.
- Suitable for lactose intolerance. †

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Safety Precautions

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Availability

List Number

68053

Item Description

Ensure Complete Vanilla / 10 fl oz (296 mL) Bottle / 4 x 4 ct

Ingredients

Vanilla Liquid: Water, Corn Syrup, Milk Protein Concentrate, Sugar, Calcium Caseinate, Canola Oil, Soy Protein Isolate, Soluble Corn Fiber, Short-chain Fructooligosaccharides. Less than 0.5% of: MINERALS (Potassium Citrate, Magnesium Phosphate, Ascorbic Acid, Choline Chloride, Sodium Phosphate, Potassium Phosphate, Sodium Citrate, Potassium Hydroxide, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Potassium Chloride, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Copper Sulfate, Folic Acid, Phylloquinone, Potassium Iodide, Sodium Selenate, Chromium Chloride, Biotin, Vitamin D3, Sodium Molybdate, Vitamin B12), Corn Oil, Natural & Artificial Flavors, Cellulose Gel, Salt, Monoglycerides, Soy Lecithin, Cellulose Gum, Gellan Gum, Acesulfame Potassium, and Sucralose.

Contains milk and soy ingredients.

Nutrition Information

Nutrient	10 fl oz (296 mL)	
	Value	%DV
Calories	350	
Total Fat, g	8	10
Saturated Fat, g	1.5	8
Trans Fat, g	0	
Polyunsaturated Fat, g	2	
Monounsaturated Fat, g	3.5	
Cholesterol, mg	20	7
Sodium, mg	230	10
Total Carbohydrate, g	42	15
Dietary Fiber, g	4	14
Total Sugars, g	15	
Added Sugars, g	15	29
Protein, g	30	60
Vitamin D, mcg	10	50
Vitamin A		25
Vitamin C		100
Vitamin E		100
Vitamin K		30
Thiamin		40
Riboflavin		40

Nutrient	10 fl oz (296 mL)	
	Value	%DV
Niacin		70
Vitamin B6		40
Folate		35
Folic Acid, mcg	84	
Vitamin B12		70
Biotin		40
Pantothenic Acid		40
Choline		25
Calcium, mg	520	40
Iron, mg	4.5	25
Potassium, mg	470	10
Phosphorus		40
Iodine		25
Magnesium		20
Zinc		70
Selenium		50
Copper		25
Manganese		25
Chromium		25
Molybdenum		40
Chloride		8

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Preparation

Shake Well, Serve Cold. Refrigerate after opening.

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- Excellent source (30g/serving) of high-quality protein.
- Excellent source of calcium and vitamin D to support bone health.
- Excellent source (450 mg/serving) of plant-based omega-3 fatty acid ALA (30% of 1.6g DV) to support heart health.
- Excellent source of antioxidants (vitamins C & E and selenium) to support immune health.
- Good source of fiber * (4 g/serving) to support digestive health.
- 25 essential vitamins and minerals.
- Concentrated calories (1.2 Cal/mL).
- From the makers of the #1 doctor-recommended brand, Ensure®.
- Halal.
- Kosher.
- Gluten-free.
- Suitable for lactose intolerance. †

* Contains 8 grams of total fat per 10 fl oz serving.

† Not for people with galactosemia.

Safety Precautions

- Not for people with galactosemia.

Availability

List Number

Item Description

68056

Ensure Complete Milk Chocolate / 10 fl oz (296 mL) Bottle / 4 x 4 ct

Ingredients

Milk Chocolate Liquid: Water, Corn Syrup, Milk Protein Concentrate, Sugar, Calcium Caseinate, Cocoa Powder (Processed with Alkali), Canola Oil, Soy Protein Isolate, Short-chain Fructooligosaccharides. Less than 0.5% of: Vitamins & Minerals (Sodium Citrate, Ascorbic Acid, Magnesium Phosphate, Potassium Citrate, Sodium Phosphate, Potassium Phosphate, Choline Chloride, Potassium Hydroxide, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Ferrous Sulfate, Niacinamide, Potassium Chloride, Calcium Pantothenate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Manganese Sulfate, Vitamin A Palmitate, Folic Acid, Phylloquinone, Potassium Iodide, Sodium Selenate, Biotin, Vitamin D3, Vitamin B12), Corn Oil, Soluble Corn Fiber, Natural & Artificial Flavors, Cellulose Gel, Monoglycerides, Soy Lecithin, Salt, Cellulose Gum, Acesulfame Potassium, Gellan Gum, and Sucralose.

Contains milk and soy ingredients.

Nutrition Information

Nutrient	10 fl oz (296 mL)	
	Value	%DV
Calories	350	
Total Fat, g	8	10
Saturated Fat, g	1.5	8
Trans Fat, g	0	
Polyunsaturated Fat, g	2	
Monounsaturated Fat, g	3.5	
Cholesterol, mg	20	7
Sodium, mg	230	10
Total Carbohydrate, g	42	15
Dietary Fiber, g	4	14
Total Sugars, g	15	
Added Sugars, g	15	29
Protein, g	30	60
Vitamin D, mcg	10	50
Vitamin A		25
Vitamin C		100
Vitamin E		100
Vitamin K		30
Thiamin		40
Riboflavin		40

Nutrient	10 fl oz (296 mL)	
	Value	%DV
Niacin		70
Vitamin B6		40
Folate		35
Folic Acid, mcg	84	
Vitamin B12		40
Biotin		40
Pantothenic Acid		40
Choline		25
Calcium, mg	520	40
Iron, mg	4.5	25
Potassium, mg	470	10
Phosphorus		40
Iodine		25
Magnesium		20
Zinc		70
Selenium		50
Copper		35
Manganese		25
Chromium		70
Molybdenum		30
Chloride		6

*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

Shake Well, Serve Cold. Refrigerate after opening.