

Ensure[®] High Protein Nutritional Pudding

Nutritional Pudding

ENSURE HIGH PROTEIN PUDDING is a great-tasting, nutritious alternative to other snacks or desserts. ^{*} It provides a source of complete nutrition [†] in a delicious, easy-to-eat form. It is designed for those who are underweight, undernourished, experiencing involuntary weight loss, on a fluid-restricted, or volume-limited diet. Ensure High Protein Pudding has 12 g of high-quality protein per serving to a) support maintenance of (lean body mass/muscle mass), b) support muscle protein synthesis The nutrition in Ensure High Protein Pudding is designed [to support muscle health] [for muscle health]. For oral use. For supplemental nutrition.



^{*} Typical snacks or desserts are lower in protein and higher in empty calories and saturated fat than Ensure High Protein Pudding.

[†] Ensure High Protein Pudding is not for sole source nutrition.

Features

- Includes 12g of high-quality protein per serving to support lean body mass.
- Good source of 22 vitamins and minerals.
- Antioxidants (vitamins C & E and selenium) to support immune system.
- Excellent source of plant-based omega-3 fatty acid ALA (355 mg per serving, 22% of 1.6g DV) to support heart health.
- Good source of calcium and Vitamin D to support bone health.
- B vitamins (B12 and folate) to support brain health.
- Convenient- no refrigeration needed. [‡]
- From Ensure, the #1 doctor-recommended brand.
- Halal, Gluten Free.
- Suitable for lactose intolerance. [§]

[‡] Unopened product.

[§] Not for people with galactosemia.

Safety Precautions

- Not for sole-source nutrition.
- Not for people with galactosemia.

Availability

List Number	Item
68589	Ensure High Protein Pudding Vanilla / 4.4 oz (125 g) cups / 6 x 4 ct

Ingredients

Vanilla Pudding

Water, Sugar, Milk Protein Isolate, Corn Maltodextrin, Canola Oil, Corn Oil, Soy Protein Isolate, High Oleic Sunflower Oil, Oligofructose, Soy Fiber. Less than 0.5% of: Vitamins & Minerals (Sodium Citrate, Potassium Citrate, Potassium Chloride, Magnesium Chloride, Ascorbic Acid, Choline Chloride, Ferrous Sulfate, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, dl-Alpha-Tocopheryl Acetate, Vitamin A Palmitate, Riboflavin, Folic Acid, Manganese Sulfate, Copper Sulfate, Sodium Molybdate, Potassium Iodide, Chromium Chloride, Sodium Selenate, Phylloquinone, Vitamin D3, Biotin, Vitamin B12), Soy Lecithin, Vanilla Flavor, Xanthan Gum, Cellulose Gel, and Cellulose Gum.

Contains milk and soy ingredients.

Nutrition Information

Ensure® High Protein Nutritional Pudding

	1 Pudding Cup (125 g)	
	Value	%DV*
Calories	240	
Total Fat, g	11	14
Saturated Fat, g	1	6
Trans Fat, g	0	
Polyunsaturated Fat, g	4	
Monounsaturated Fat, g	5	
Cholesterol, mg	10	3
Sodium, mg	120	5
Total Carbohydrate, g	24	9
Dietary Fiber, g	1	4
Total Sugars, g	13	
Added Sugars, g	13	25
Protein, g	12	24
Vitamin D, mcg	2.5	15
Calcium, mg	170	15
Iron, mg	2	10
Potassium, mg	190	4
Vitamin A		10
Vitamin C		10
Vitamin E		15
Vitamin K		10
Thiamin		15
Riboflavin		20
Niacin		20
Vitamin B6		15
Folate		10
Folic Acid, mcg	27	
Vitamin B12		10
Biotin		15
Pantothenic Acid		15
Phosphorus		10
Iodine		15
Magnesium		4
Zinc		20
		15

Ensure® High Protein Nutritional Pudding

Selenium		15
Copper		20
Manganese		20
Chromium		15
Molybdenum		35
Chloride		4
Choline		8
Folate, mcg DFE	NA	NA

*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.