

Ensure® High Protein Shake

Nutrition Shake

ENSURE HIGH PROTEIN is a high-protein and low-fat nutrition supplement that meets a unique need for patients who need protein but may not require additional calories. For supplemental nutrition. For oral use.



Features

- Nutrition for strength and energy to help stay active.
- Excellent source of protein (16 g/8 fl oz).
- 75% more protein than Ensure Original.*
- 27 vitamins and minerals.
- Low fat (2 g/8 fl oz).
- Gluten-free.
- Halal.
- Kosher made with dairy ingredients.
- Suitable for lactose intolerance.†

* Ensure High Protein has 16g protein per 8 fl oz, Ensure Original has 9g protein per 8 fl oz.

† Not for people with galactosemia.

Safety Precautions

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

Availability

List Number	Item
66546	Ensure High Protein Shake Strawberry / 8 fl oz (237 mL) Bottle / 4 x 6 ct

Ingredients

Strawberry Liquid

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

Contains milk and soy ingredients.

Nutrition Information

8 fl oz (237 mL)

Ensure® High Protein Shake

	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	12	60
Calcium, mg	300	25
Iron, mg	4.5	25
Potassium, mg	470	10
Vitamin A		25
Vitamin C		100
Vitamin E		50
Vitamin K		20
Thiamin		40
Riboflavin		40
Niacin		60
Vitamin B6		40
Folate		40
Folic Acid, mcg	96	
Vitamin B12		40
Biotin		40
Pantothenic Acid		40
Phosphorus		20
Iodine		25
Magnesium		10
Zinc		30
Selenium		25
Copper		25
Manganese		25

Ensure® High Protein Shake

Chromium		25
Molybdenum		25
Chloride		10
Choline		25

*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.

Ensure[®] High Protein Shake

Nutrition Shake

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- Nutrition for strength and energy to help stay active.
- Excellent source of protein (16 g/8 fl oz).
- 75% more protein than Ensure Original.^{*}
- 27 vitamins and minerals.
- Low fat (2 g/8 fl oz).
- Gluten-free.
- Halal.
- Kosher made with dairy ingredients.
- Suitable for lactose intolerance.[†]

^{*} Ensure High Protein has 16g protein per 8 fl oz, Ensure Original has 9g protein per 8 fl oz.

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Availability

List Number	Item
64275	Ensure High Protein Shake Milk Chocolate / 8 fl oz (237 mL) Bottle / 12 ct
64115	Ensure High Protein Shake Milk Chocolate / 8 fl oz (237 mL) Bottle / 4 x 6 ct

Ingredients

Milk Chocolate Liquid

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

Contains milk and soy ingredients.

Nutrition Information

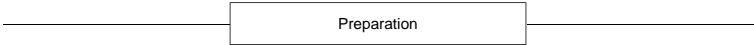
Ensure® High Protein Shake

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	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	12	60
Calcium, mg	300	25
Iron, mg	4.5	25
Potassium, mg	470	10
Vitamin A		25
Vitamin C		100
Vitamin E		50
Vitamin K		20
Thiamin		40
Riboflavin		40
Niacin		60
Vitamin B6		40
Folate		40
Folic Acid, mcg	96	
Vitamin B12		40
Biotin		40
Pantothenic Acid		40
Phosphorus		20
Iodine		25
Magnesium		10
Zinc		30
Selenium		25
Copper		25

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Manganese		25
Chromium		25
Molybdenum		25
Chloride		10
Choline		25

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Availability

List Number	Item
64273	Ensure High Protein Shake Vanilla / 8 fl oz (237 mL) Bottle / 12 ct
64117	Ensure High Protein Shake Vanilla / 8 fl oz (237 mL) Bottle / 4 x 6 ct

Ingredients

Vanilla Liquid

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

Contains milk and soy ingredients.

Nutrition Information

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	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	12	60
Calcium, mg	300	25
Iron, mg	4.5	25
Potassium, mg	470	10
Vitamin A		25
Vitamin C		100
Vitamin E		50
Vitamin K		20
Thiamin		40
Riboflavin		40
Niacin		60
Vitamin B6		40
Folate		40
Folic Acid, mcg	96	
Vitamin B12		40
Biotin		40
Pantothenic Acid		40
Phosphorus		20
Iodine		25
Magnesium		10
Zinc		30
Selenium		25
Copper		25

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Manganese		25
Chromium		25
Molybdenum		25
Chloride		10
Choline		25

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Instructions for Use:

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