

Product Information: Ensure® Original

For more information, contact your Abbott Nutrition Representative or visit
www.abbottnutrition.com

Ensure® Original

Nutrition Shake

- A source of complete, balanced nutrition.
- Nutrition to help get strong on the inside when used as part of a healthy diet and exercise plan.
- #1 Doctor recommended brand
- Halal.
- Kosher.
- Gluten-free.
- Suitable for lactose intolerance.



Safety Precautions

- Not for people with galactosemia.

Ingredients

Liquid Milk Chocolate:

Water, Corn Maltodextrin, Sugar, Milk Protein Concentrate, Soy Oil, Soy Protein Isolate, Sucromalt, Cocoa Powder (Processed with Alkali), Canola Oil. Less than 0.5% of the Following: Corn Oil, Magnesium Phosphate, Potassium Citrate, Cellulose Gel, Natural & Artificial Flavor, Potassium Chloride, Sodium Citrate, Calcium Phosphate, Calcium Carbonate, Salt, Choline Chloride, Ascorbic Acid, Cellulose Gum, Monoglycerides, Soy Lecithin, Carrageenan, Potassium Hydroxide, Liquid Sucralose, Ferric Orthophosphate, dl-Alpha-Tocopheryl Acetate, Acesulfame Potassium, Zinc Sulfate, Niacinamide, Manganese Sulfate, Calcium Pantothenate, Cupric Sulfate, Vitamin A Palmitate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Chromium Chloride, Biotin, Sodium Molybdate, Sodium Selenate, Potassium Iodide, Cyanocobalamin, Phylloquinone, and Vitamin D3.

Allergens: Contains milk and soy ingredients.

Availability

List Number	Item
50871	Ensure Original Nutrition Shake Vanilla / 8-fl-oz (237-mL) bottle/ 30 ct
53432	Ensure Original Nutrition Shake Vanilla / 8-fl-oz (237-mL) bottle/ 16 ct
53623	Ensure Original Nutrition Shake Milk Chocolate / 8-fl-oz (237-mL) bottle / 16 ct
53667	Ensure Original Nutrition Shake Strawberry / 8-fl-oz (237-mL) bottle / 24 ct
53806	Ensure Original Nutrition Shake Dark Chocolate / 8-fl-oz (237-mL) bottle / 4 x 6 ct
57231	Ensure Original Nutrition Shake Milk Chocolate / 8-fl-oz (237-mL) bottle / 4 x 6 ct
57234	Ensure Original Nutrition Shake Strawberry / 8-fl-oz (237-mL) bottle / 4 x 6 ct
57237	Ensure Original Nutrition Shake Coffee Latte / 8-fl-oz (237-mL) bottle / 4 x 6 ct
57240	Ensure Original Nutrition Shake Butter Pecan / 8-fl-oz (237-mL) bottle / 4 x 6 ct
57243	Ensure Original Nutrition Shake Vanilla / 8-fl-oz (237-mL) bottle/ 4 x 6 ct
57753	Ensure Original Nutrition Shake Vanilla / 8-fl-oz (237-mL) bottle / 24 ct
57754	Ensure Original Nutrition Shake Milk Chocolate / 8-fl-oz (237-mL) bottle / 24 ct
62810	Ensure Original Nutrition Shake Milk Chocolate / 8-fl-oz (237-mL) bottle / 30 ct

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Nutrition Information - Liquid Milk Chocolate

	8 fl oz (237 mL)	
	Value	%RDI / %DV*
Fat, % Cal	25	
Carbohydrate, % Cal	58	
Protein, % Cal	17	
Osmolality, mOsm/kg H2O	520	
Calories	220	
Calories from Fat	50	
Fat, g	6	9
Saturated Fat, g	1	5
Trans Fat, g	0	
Polyunsaturated Fat, g	3	
Monounsaturated Fat, g	2	
Cholesterol, mg	5	2
Sodium, mg	190	8
Potassium, mg	390	11
Carbohydrate, g	33	11
Dietary Fiber, g	1	4
Sugars, g	15	
Protein, g	9	18
Vitamin A		25
Vitamin C		50
Calcium		30
Iron		25
Vitamin D		25
Vitamin E		25
Vitamin K		25
Thiamin		25
Riboflavin		25
Niacin		25
Vitamin B6		25
Folate		25
Vitamin B12		25
Biotin		25
Pantothenic Acid		25
Phosphorus		25
Iodine		25
Magnesium		25
Zinc		25
Selenium		25
Copper		25

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Nutrition Information - Liquid Milk Chocolate

	8 fl oz (237 mL)	
	Value	%RDI / %DV*
Manganese		60
Chromium		25
Molybdenum		50
Chloride		8
Choline		15

Liquid Milk Chocolate Footnotes & References

Per 8 fl oz (237 mL)

*Percent Daily Values (%DV) are based on a 2,000 Calorie diet.