

## Product Information: Ensure® Original Powder

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)

# Ensure® Original Powder

Complete, Balanced Nutrition®

- 1 ENSURE ORIGINAL POWDER is a source of Complete, Balanced Nutrition® for supplemental use with or between meals. It may benefit patients who have malnutrition, are at nutritional risk, experiencing involuntary weight loss, or on modified or low-residue diets.
- 1 For oral use.
- 1 For interim sole-source nutrition.
- 1 Good source of 24 essential vitamins and minerals.
- 1 Good source of protein (9 g/serving).
- 1 Kosher.
- 1 Halal.
- 1 Gluten free.
- 1 Low-residue.
- 1 Suitable for lactose intolerance.



## Safety Precautions

- 1 Not for IV use.
- 1 Not for people with galactosemia.

## Ingredients

### Powder Vanilla:

Corn Syrup, Corn Maltodextrin, Sugar, Corn Oil, Sodium & Calcium Caseinates, Soy Protein Isolate, Artificial Flavor, Potassium Citrate, Magnesium Chloride, Calcium Phosphate, Sodium Citrate. Less than 0.5% of the Following: Potassium Chloride, Soy Lecithin, Ascorbic Acid, Choline Chloride, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Niacinamide, Ferrous Sulfate, Calcium Pantothenate, Manganese Sulfate, Cupric Sulfate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Phylloquinone, Cyanocobalamin, and Vitamin D3.

**Allergens:** Contains milk and soy ingredients.

## Availability

| List Number | Item  |
|-------------|---|
| 00750       | Ensure Original Powder Vanilla / 14-oz (397-g) can / 6 ct |

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## Nutrition Information - Powder Vanilla

|                           | 1/2 cup powder (57 g)               |             |
|---------------------------|-------------------------------------|-------------|
|                           | Value                               | %RDI / %DV* |
| Nutrient Density, Cal/mL  | 1.06                                |             |
| Protein, % Cal            | 14                                  |             |
| Carbohydrate, % Cal       | 54                                  |             |
| Fat, % Cal                | 32                                  |             |
| Total Cal:g Nitrogen      | 174:1                               |             |
| Nonprotein Cal:g Nitrogen | 151:1                               |             |
| Osmolality, mOsm/kg H2O   | 470                                 |             |
| Renal Solute Load, mOsm/L | 334                                 |             |
| Viscosity                 | Thin (Room Temperature and Chilled) |             |
| Calories                  | 250                                 |             |
| Calories from Fat         | 80                                  |             |
| Fat, g                    | 9                                   | 14          |
| Saturated Fat, g          | 1.5                                 | 8           |
| Trans Fat, g              | 0                                   |             |
| Cholesterol, mg           | <5                                  | <2          |
| Sodium, mg                | 190                                 | 8           |
| Potassium, mg             | 350                                 | 10          |
| Carbohydrate, g           | 34                                  | 11          |
| Dietary Fiber, g          | 0                                   | 0           |
| Sugars, g                 | 13                                  |             |
| Protein, g                | 9                                   | 18          |
| Vitamin A                 |                                     | 15          |
| Vitamin C                 |                                     | 60          |
| Calcium                   |                                     | 15          |
| Iron                      |                                     | 15          |
| Vitamin D                 |                                     | 15          |
| Vitamin E                 |                                     | 20          |
| Vitamin K                 |                                     | 15          |
| Thiamin                   |                                     | 25          |
| Riboflavin                |                                     | 25          |
| Niacin                    |                                     | 25          |
| Vitamin B6                |                                     | 25          |
| Folate                    |                                     | 25          |
| Vitamin B12               |                                     | 25          |
| Biotin                    |                                     | 25          |
| Pantothenic Acid          |                                     | 25          |
| Phosphorus                |                                     | 10          |
| Iodine                    |                                     | 15          |

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|            | 1/2 cup powder (57 g) |             |
|------------|-----------------------|-------------|
|            | Value                 | %RDI / %DV* |
| Magnesium  |                       | 10          |
| Zinc       |                       | 20          |
| Selenium   |                       | 15          |
| Copper     |                       | 15          |
| Manganese  |                       | 30          |
| Chromium   |                       | 15          |
| Molybdenum |                       | 25          |
| Chloride   |                       | 8           |

## Powder Vanilla Footnotes & References

### Per 1/2 cup powder (57 g)

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

## Preparation

### Instructions for Use

- 1 To prepare an 8 fl oz drink pour 3/4 cup cold water into glass.
- 1 Gradually stir in 1/2 cup Ensure Original Powder and mix until dissolved.
- 1 For flavor variety, you may add 3 tablespoons chocolate syrup, strawberry syrup, etc.

## Storage & Handling

### Instructions for Use

- 1 Reconstituted Ensure Original Powder should be used promptly or covered, refrigerated, and used within 24 hours.
- 1 Opened can should be covered with overcap and stored in a cool, dry place, but not refrigerated.
- 1 Once opened, use contents of can within 3 weeks.