

ENSURE COMPACT FACTSHEET



AVAILABLE IN VANILLA AND COFFEE

Ensure COMPACT is a 125 mL, ready-to-drink, high energy complete, balanced oral nutritional supplement.

For the dietary management of individuals who require high energy complete, balanced nutrition in a smaller volume:

- With or at risk of disease-related malnutrition
- Fluid or volume restriction
- Poor volume tolerance
- Recovery from surgery, injury and/or illness

SOLUTE CONCENTRATION		
Osmolality	mOsm/kg H ₂ O	1052
Osmolarity	mOsm/litre	676
Water	mL/100 mL	64.3
Renal solute load	mOsm/litre	740

ALLERGEN & DIETARY INFORMATION	
Gluten free tested	✓*
Low Lactose	✓
Vegetarian	✓
Halal Certified	✓
Kosher Certified	✓
Allergens	Contains Milk, Soy

ENERGY DISTRIBUTION	
Protein	17.0%
Carbohydrate	47.9%
Fat	35.1%

*Product has been tested to have no detectable gluten over a limit of quantification of 5 ppm

COMPLETE, BALANCED NUTRITION®
Ensure
COMPACT

125
mL

2.4
kcal/mL

12.8g

28

PROTEIN PER BOTTLE VITAMINS & MINERALS

INSTRUCTIONS FOR USE:

1. For oral consumption, shake well before use. Best served chilled. May also be served as a warm drink, but do not boil.
2. For tube feeding, product should be administered at room temperature.

Suitable for tube feeding. Vanilla flavour preferred.

STORAGE:

Store unopened at room temperature.

Once opened, cover, refrigerate and discard unused feed after 24 hours.

IMPORTANT NOTICE:

Ensure COMPACT is suitable as a supplemental or sole source of nutrition. Monitor fluid and electrolyte intake to ensure adequate hydration status.

Not suitable for individuals with galactosaemia. Not intended for use in children unless recommended by a healthcare professional.

NOT FOR PARENTERAL USE.

ADDITIONAL INFO	VANILLA	COFFEE
Abbott order code	2288308	2288307
Bottle size (mL)	125 mL	125 mL
Pack size	24 units/carton	24 units/carton

HOW TO ORDER ENSURE COMPACT:

☎ Call Abbott Customer Service on 1800 225 311

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NUTRITIONAL INFORMATION (VANILLA FLAVOUR)			
Servings per package: 1 Serving size: 125 mL	UNITS	QUANTITY PER SERVING	AVERAGE PER 100 ML
Energy	kJ	1261	1008
	kcal	300	240
Protein	g	12.75	10.20
Fat, total	g	11.69	9.35
Saturated fatty acids	g	1.0	0.80
Polyunsaturated fatty acids	g	2.8	2.2
Monounsaturated fatty acids	g	6.5	5.2
Carbohydrate	g	35.96	28.77
Sugars	g	7.8	6.2
VITAMINS			
Vitamin A	mcg RE	194	155
Vitamin D3	mcg	3.8	3.0
Vitamin E	mg α-TE	5.9	4.7
Vitamin K1	mcg	26	21
Vitamin C	mg	26	21
Folic acid	mcg	60	48
Vitamin B1	mg	0.44	0.35
Vitamin B2	mg	0.59	0.47
Vitamin B6	mg	0.59	0.47
Vitamin B12	mcg	1.2	0.97
Niacin	mg NE	5.5	4.4
Pantothenic acid	mg	1.9	1.5
Biotin	mcg	9.4	7.5
Choline	mg	121	97
MINERALS			
Sodium	mg	181	145
Potassium	mg	269	215
Chloride	mg	181	145
Calcium	mg	213	170
Phosphorus	mg	213	170
Magnesium	mg	25	20
Iron	mg	4.3	3.4
Zinc	mg	3.6	2.9
Manganese	mg	0.75	0.60
Copper	mcg	400	320
Iodine	mcg	48	38.4
Selenium	mcg	15	12
Chromium	mcg	13	10
Molybdenum	mcg	25	20

Ingredients (Vanilla flavour): Water, hydrolysed corn starch, milk protein concentrate, VEGETABLE OIL (canola oil, high oleic sunflower oil, corn oil), sucrose, hydrolysed sodium caseinate, MINERALS (potassium chloride, calcium citrate, magnesium phosphate dibasic, ferrous sulphate, potassium citrate, zinc sulphate, manganese sulphate, cupric sulphate, potassium iodide, sodium molybdate, chromium chloride, sodium selenate), EMULSIFIER (322), flavouring, VITAMINS (choline chloride, ascorbic acid, Vitamin E, niacinamide, calcium pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, Vitamin A palmitate, folic acid, phylloquinone, biotin, Vitamin D3, cyanocobalamin), STABILISERS (460, 466).

May contain: Citric acid, sodium chloride, calcium phosphate tribasic and sodium sulphate.

For Healthcare professional use only

Foods for special medical purposes. For use only under medical supervision

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