

## Product Information: Glucerna® 1.5 Cal

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[www.abbottnutrition.com](http://www.abbottnutrition.com)

# Glucerna® 1.5 Cal

## Specialized Nutrition for Enhanced Glycemic Control



- 1 GLUCERNA 1.5 CAL is a calorically dense formula that has CarbSteady®, a unique blend of carbohydrates, including slowly digestible carbohydrate clinically shown to help minimize blood glucose response.<sup>1</sup>
- 1 For patients with type 1 or type 2 diabetes.
- 1 For patients with hyperglycemia/abnormal glucose tolerance resulting from metabolic stress, such as illness, trauma, and infection.
- 1 For tube or oral feeding.
- 1 For supplemental or sole-source nutrition.
- 1 Use under medical supervision.
- 1 GLUCERNA 1.5 CAL contains a unique slowly digested carbohydrate blend clinically shown to blunt postprandial glycemic response and improve glycemic variability.<sup>1,2</sup>
- 1 At 1.5 Cal/mL, patient needs can be met with less volume.
- 1 22% of calories from protein to promote anabolism and support wound healing.
- 1 Includes 10 g/L of NutraFlora® scFOS® (2.4 g/8 fl oz).
- 1 3% of total calories from saturated fatty acids and rich in monounsaturated fatty acids (29% of total calories), consistent with the American Heart Association and American Diabetes Association guidelines.<sup>3</sup>
- 1 Provides plant-based omega-3 fatty acids from canola oil (3 g of ALA per 1500 Cal), consistent with American Heart Association reported levels to support cardiovascular health.<sup>4</sup>
- 1 Chromium picolinate, a more bioavailable form of chromium. Chromium is an essential nutrient important for carbohydrate metabolism.
- 1 1500 Cal provide at least 100% of the DVs for 24 key vitamins and minerals.
- 1 Halal.
- 1 Kosher.
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.

### Safety Precautions

- 1 Not for IV use.
- 1 Not for people with galactosemia.
- 1 **Feeding sets are for single-patient use only. Use clean technique to avoid set and/or product contamination**

<sup>1</sup> Alish C, et al. *Diabetes Technol Ther* 2010;12:419-425.  
<sup>1</sup> Alish C, et al. *Diabetes Technol Ther* 2010;12:419-425.  
<sup>2</sup> Data on File: Study BK06 Part B. Abbott Nutrition, 2008.  
<sup>3</sup> Buse JB, et al. *Circulation* 2007;115:114-126.  
<sup>4</sup> Kris-Etherton PM, et al. *Circulation* 2002;106:2747-57.

### Ingredients

#### Liquid Unflavored:

Water, Sodium & Calcium Caseinates, Corn Maltodextrin, High Oleic Safflower Oil, Canola Oil, Isomaltulose, Fructose, Soy Protein Isolate, Sucromalt, Short-Chain Fructooligosaccharides, Glycerine, Potassium Citrate, Magnesium Chloride, Oat Fiber, Calcium Phosphate, Soy Fiber, Soy Lecithin, Sodium Citrate, Inositol, Ascorbic Acid, Choline Chloride, Magnesium Phosphate, Carnitine, Taurine, Sodium Chloride, dl-Alpha-Tocopheryl Acetate, Ferrous Sulfate, Gellan Gum, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Cupric Sulfate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Beta-Carotene, Vitamin A Palmitate, Riboflavin, Chromium Picolinate, Folic Acid, Biotin, Sodium Molybdate, Sodium Selenate, Potassium Iodide, Phylloquinone, Cyanocobalamin, and Vitamin D3.  
**Allergens:** Contains milk and soy ingredients.

### Availability

List Number	Item
53534	Glucerna 1.5 Cal Vanilla / 8-fl-oz (237-mL) Can / 24 ct
62679	Glucerna 1.5 Cal Ready-to-Hang / 1000-mL (1.1-QT) Bottle / 8 ct

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Nutrition Information - Liquid Unflavored

	1000 mL	
	Value	%RDI* / %DV
Protein, % Cal	22.0	
Fat, % Cal	45.0	
Monounsaturated Fatty Acids, % Cal	29.0	
Carbohydrate, % Cal	33.0	
Nutrient Density, Cal/mL	1.50	
Cal to Meet 100% RDIs	1500	
mL to Meet 100% RDIs	1000	
Total Cal:g Nitrogen	114:1	
Nonprotein Cal:g Nitrogen	88:1	
Osmolality, mOsm/kg H2O	875	
Renal Solute Load, mOsm/L	643	
Viscosity	Thin (room temperature), Nectar-Like (chilled)	
Minimum Tube Size for Gravity/Pump Feeding (Fr)	12/10	
Exchanges per 8 fl oz†	2 Starch, 3 Medium-Fat Meat	
Carb Choices	2	
Protein, g	82.5	
Fat, g	75	
Carbohydrate, g	133.1	
Dietary Fiber, g	16.1‡	
L-Carnitine, mg	215	
Taurine, mg	165	
m-Inositol, mg	845	
Water, g	759	
Calories	1500	
Vitamin A, IU	8660§	175
Vitamin D, IU	430	110
Vitamin E, IU	48	160
Vitamin K, mcg	125	155
Vitamin C, mg	325	540
Folic Acid, mcg	400	100
Vitamin B1, mg	1.5	100
Vitamin B2, mg	1.7	100
Vitamin B6, mg	2	100
Vitamin B12, mcg	6	100
Niacin, mg	20	100
Choline, mg	550	Not established
Biotin, mcg	300	100
Pantothenic Acid, mg	10	100

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Nutrition Information - Liquid Unflavored

	1000 mL	
	Value	%RDI* / %DV
Beta-Carotene, mg	3.3	Not established
Sodium, mg	1380	Not established
Potassium, mg	2520	Not established
Chloride, mg	1600	47
Calcium, mg	1000	100
Phosphorus, mg	1000	100
Magnesium, mg	400	100
Iodine, mcg	150	100
Manganese, mg	2	100
Copper, mg	2	100
Zinc, mg	15	100
Iron, mg	18	100
Selenium, mcg	70	100
Chromium, mcg	200	165
Molybdenum, mcg	95	125

Liquid Unflavored Footnotes & References

**Per 1000 mL**

\*RDI percentages for adults and children 4 or more years of age.

†Exchange Lists for Diabetes. Alexandria, Va, and Chicago: American Diabetes Association and American Dietetic Association, 2008.

‡6.1 g of total dietary fiber from soy, oat and corn fibers; 10.0 g of short-chain fructooligosaccharides.

§4370 IU of vitamin A activity supplied by 3.3 mg of beta-carotene.

### Preparation

#### Instructions for Use: Ready-To-Hang Container

All liquid medical foods, regardless of type of administration system, require careful handling because they can support microbial growth. Follow these instructions for clean technique and proper setup to reduce the potential for microbial contamination. NOTE: Failure to follow the **Instructions for Use** increases the potential for microbial contamination and reduces hangtime.

- 1 Pump feeding is recommended; use a 10 Fr or larger tube. If gravity feeding use a 12 Fr or larger tube.
- 1 Administer product at room temperature.
- 1 THOROUGHLY wash hands with soap and water before handling container or feeding set.
- 1 Turn container upside down and SHAKE VIGOROUSLY, using a twisting motion for at least 10 seconds.
- 1 DO NOT touch any part of the container or feeding set that comes into contact with the formula.
- 1 When initiating feeding, follow physician's instructions. Adjust flow rate and volume according to patient's condition and tolerance.
- 1 Always follow directions for use provided with feeding set.

#### For Use with Enteral Feeding Set:

- 1 Remove the dust cover from the Abbott RTH Safety Screw Cap.
- 1 Remove the dust cover from the safety connector on the feeding set.
- 1 Insert the safety connector into the port on the Abbott RTH Safety Screw Cap, completely pierce foil.
- 1 Turn the safety connector clockwise until it is securely fastened.
- 1 Close clamp on set before inverting container.
- 1 Invert container and suspend, using the hanging ring on the bottom of the container.
- 1 Unless a shorter hang time is specified by the set manufacturer, hang product for up to 48 hours after initial connection when clean technique and only one new set are used. Otherwise hang for no more than 24 hours.

### Storage & Handling

#### Instructions for Use: 8-fl-oz can

- 1 Store unopened at room temperature; avoid extreme temperatures.
- 1 Shake well. Glucerna 1.5 Cal is ready to use.
- 1 Clean top of container thoroughly before opening.
- 1 Once opened, cover, refrigerate and **use within 48 hours**.

#### Oral Feeding:

- 1 May be used for total or supplemental nutrition.
- 1 May be fed at room temperature or chilled.

#### Tube Feeding:

- 1 Follow physician's instructions.
- 1 Adjust flow rate and volume according to patient's condition and tolerance.
- 1 If pump feeding, use an 10 Fr or larger tube. If gravity feeding, use a 12 Fr or larger tube.
- 1 Administer product at room temperature.
- 1 Additional fluid requirements should be met by giving water between or after feedings or when flushing the tube.
- 1 Avoid contamination during preparation and use.