

## Product Information: Ensure Complete™ (Retail)

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

# Ensure Complete™ (Retail)

## Nutrition Shake

- 1 Ensure Complete™, the best of Ensure® in one simple choice for balanced nutrition and targeted muscle, heart, immune system and bone support.
  - o MUSCLE - NutriVigor™ and 13 g protein.
  - o HEART - Omega 3s to support heart health (610 mg ALA Chocolate, 650 mg ALA Vanilla).
  - o IMMUNE - Prebiotics to help promote digestive tract health and antioxidants vitamins C, E and selenium to support immune health.
  - o BONE - Calcium and vitamin D.
- 1 The right nutrients in the right amounts to help you stay strong.
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.
- 1 Halal.
- 1 Kosher.



### Safety Precautions

- 1 Not for people with galactosemia.

### Ingredients

#### Liquid Vanilla:

Water, Corn Maltodextrin, Sugar, Canola Oil, Sodium Caseinate, Milk Protein Concentrate, Corn Oil, Short-Chain Fructooligosaccharides, Soy Protein Isolate, Calcium Beta-Hydroxy-Beta-Methylbutyrate. Less than 0.5% of the Following: Potassium Citrate, Whey Protein Concentrate, Natural & Artificial Flavor, Magnesium Phosphate, Soy Lecithin, Sodium Phosphate, Potassium Phosphate, Choline Chloride, Ascorbic Acid, Calcium Carbonate, L-Carnitine, Carrageenan, Ferrous Sulfate, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Gellan Gum, 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, Phylloquinone, Vitamin D3, and Cyanocobalamin.

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

### Availability

| List Number | Item                                                                                |
|-------------|-------------------------------------------------------------------------------------|
| 62758       | Ensure Complete Nutrition Shake Milk Chocolate / 8-fl-oz (237-mL) bottle / 4 x 4 ct |
| 62761       | Ensure Complete Nutrition Shake Vanilla / 8-fl-oz (237-mL) bottle / 4 x 4 ct        |
| 63054       | Ensure Complete Nutrition Shake Strawberry / 8-fl-oz (237-mL) bottle / 4 x 4 ct     |

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# Ensure Complete™ (Retail)

Nutrition Shake

## Nutrition Information - Liquid Vanilla

|                         | 8 fl oz (237 mL) |             |
|-------------------------|------------------|-------------|
|                         | Value            | %RDI / %DV* |
| Osmolality, mOsm/kg H2O | 780              |             |
| Calories                | 350              |             |
| Calories from Fat       | 100              |             |
| Fat, g                  | 11               | 17          |
| Saturated Fat, g        | 1                | 5           |
| Trans Fat, g            | 0                |             |
| Polyunsaturated Fat, g  | 4                |             |
| Monounsaturated Fat, g  | 5                |             |
| Cholesterol, mg         | 5                | 2           |
| Sodium, mg              | 240              | 10          |
| Potassium, mg           | 560              | 16          |
| Carbohydrate, g         | 51               | 17          |
| Dietary Fiber, g        | 3                | 12          |
| Sugars, g               | 20               |             |
| Protein, g              | 13               | 26          |
| Vitamin A               |                  | 25          |
| Vitamin C               |                  | 60          |
| Calcium                 |                  | 35          |
| Iron                    |                  | 25          |
| Vitamin D               |                  | 40          |
| Vitamin E               |                  | 30          |
| Vitamin K               |                  | 25          |
| Thiamin                 |                  | 25          |
| Riboflavin              |                  | 25          |
| Niacin                  |                  | 25          |
| Vitamin B6              |                  | 25          |
| Folate                  |                  | 25          |
| Vitamin B12             |                  | 25          |
| Biotin                  |                  | 25          |
| Pantothenic Acid        |                  | 25          |
| Phosphorus              |                  | 35          |
| Iodine                  |                  | 25          |
| Magnesium               |                  | 25          |
| Zinc                    |                  | 25          |
| Selenium                |                  | 30          |
| Copper                  |                  | 25          |
| Manganese               |                  | 60          |
| Chromium                |                  | 25          |
| Molybdenum              |                  | 60          |

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## Nutrition Information - Liquid Vanilla

|          | 8 fl oz (237 mL) |             |
|----------|------------------|-------------|
|          | Value            | %RDI / %DV* |
| Chloride |                  | 2           |
| Choline  |                  | 15          |

## Liquid Vanilla Footnotes & References

Per 8 fl oz (237 mL)

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

## Storage & Handling

- 1 Recommend 2 bottles per day as part of a healthy diet.
- 1 Shake well.
- 1 Serve cold.
- 1 Refrigerate after opening.

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