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Home | Products | Ensure Original Vanilla Shake

Ensure® Original Vanilla Nutrition Shake

Complete, Balanced Nutrition® with nutrients to support immune health

Each bottle of Ensure Original, from the #1 doctor-recommended brand* Ensure, provides complete, balanced nutrition. Every ready-to-drink shake has:

- 9 grams of high-quality protein
- 27 essential vitamins and minerals, including antioxidants†
- 25% of the daily value of B vitamins‡ to support brain health
- Delicious vanilla flavor

Additional information:

- Gluten-free
- Suitable for lactose intolerance§
- Halal
- Kosher

Among doctors who recommend liquid nutritional products to their patients.
† Vitamins C & E and Selenium.

**COMPLETE,
BALANCED
NUTRITION®**

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Ensure® Original Milk Chocolate Nutrition Shake

Complete, Balanced Nutrition® with nutrients to support immune health

Each bottle of Ensure Original, from the #1 doctor-recommended brand* Ensure, provides complete, balanced nutrition. Every ready-to-drink shake has:

- 9 grams of high-quality protein
- 27 essential vitamins and minerals, including antioxidants†
- 25% of the daily value of B vitamins† to support brain health
- Delicious milk chocolate flavor

Additional information:

- Gluten-free
- Suitable for lactose intolerance§
- Halal
- Kosher

Among doctors who recommend liquid nutritional products to their patients. † Vitamins C & E and Selenium.

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Home / Products / 30g Protein Shake

GLUCERNA® PROTEIN SMART SHAKE

Scientifically designed to help people with diabetes manage their blood sugar* and add protein to their diets.

Glucerna Protein Smart Shake has CARBSTEADY®, unique blends of slow-release carbohydrates to help manage blood sugar*, and 30 grams of high-quality protein to support muscle health and help manage hunger.

- **30g of protein**
- **150 calories**
- **1 carb choice**

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Glucerna® 1.5 Cal

For people with diabetes

- GLUCERNA 1.5 CAL is a calorically dense formula with CARBSTeADY®, a specialized blend of low glycemic and slowly digestible carbohydrates, designed to help minimize blood glucose response compared to high glycemic carbohydrates.¹

- Specialized nutrition for enhanced glycemic management.

- For patients with type 1 or type 2 diabetes or elevated glucose response.

- For tube or oral feeding.

- For supplemental or sole-source nutrition.

- Use under medical supervision.

- Contains a specialized carbohydrate blend which is clinically shown to significantly reduce postprandial blood glucose response and glycemic variability compared to a standard 1.2 Cal formulation in patients with type 2 diabetes.^{1,2}

- 22% of calories from protein to help promote anabolism.

- Within the American Diabetes Association and American Heart Association

- recommendations favoring monounsaturated fats and polyunsaturated fat and limiting saturated fat to help manage lipid profiles.^{3,4,5}

- Provides an excellent source (712 mg of ALA/8 fl oz) of plant-based omega-3 fatty acid

- alpha linolenic acid (44% of the 1.6 g DV for ALA) to support cardiovascular health.

- At 1.5 Cal/mL, patient needs can be met with less volume.

- Excellent source of antioxidants (Vitamins C, E, and Selenium).

- Kosher.

- Halal.

- Gluten-free.

- Suitable for lactose intolerance.

Safety Precautions

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

¹ Compared to high glycemic carbohydrates.

¹ Alish C, et al. *Diabetes Technol Ther.* 2010;12:419-425.

¹ Alish C, et al. *Diabetes Technol Ther.* 2010;12:419-425.

² Data on File: Study BK06 Part B. Abbott Nutrition, 2008.

³ American Diabetes Association. *Diabetes Care.* 2021;44(Suppl.1):S53-S72.

⁴ *Diabetes Care.* 2014 Jan; 37(Supplement 1): S120-S143. <https://doi.org/10.2337/dc14-S120>.

⁵ Lichtenstein A, et al. 2021. *Circulation.* 2021; 144:e472-e487. DOI: 10.1161/CIR.0000000000001031

Ingredients

Liquid Vanilla:

Water, Sodium Caseinate, Corn Maltodextrin, High Oleic Safflower Oil, Canola Oil, Isomaltulose, Fructose, Soy Protein Isolate, Sucromalt, Short-chain Fructooligosaccharides, Glycerin, Less than 0.5% of: Soluble Corn Fiber, Potassium Citrate, Calcium Citrate, Calcium Citrate, Inositol, Magnesium Chloride, Natural & Artificial Flavor, Calcium Phosphate, Soy Lecithin, Sodium Citrate, Inositol, Magnesium Phosphate, Ascorbic Acid, Choline Chloride, Chromium Chloride, L-Carnitine, Taurine, dl-Alpha-Tocopheryl Acetate, Salt, Ferrous Sulfate, Gellan Gum, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Beta-Carotene, Vitamin A Palmitate, Folic Acid, Sodium Molybdate, Phylloquinone, Potassium Iodide, Sodium Selenate, Biotin, Vitamin D3, and Vitamin B12.

Allergens: Contains milk and soy ingredients.

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

Abbott Nutrition Abbott Laboratories

Columbus, OH 43219-3034

1-800-227-5767

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