



#1  
Doctor  
RECOMMENDED  
BRAND

# Ensure

complete, balanced nutrition®



**NEW FORMULA!  
GREAT TASTE**

## nutrition shake

to help get strong  
on the inside

Protein **9g**  
Vitamins **24**  
& Minerals



**8 FL OZ (237 mL)**

### milk chocolate

natural and artificial flavor

## Nutrition Facts

Serving Size 1 bottle (8 fl oz)

Amount Per Serving		Calories from Fat 50	
	% DV*		% DV*
<b>Total Fat</b> 6g	9%	<b>Sodium</b> 190mg	8%
Saturated Fat 1g	5%	<b>Potassium</b> 390mg	11%
Trans Fat 0g		<b>Total Carb.</b> 40g	13%
Polyunsaturated Fat 3g		Dietary Fiber 1g	4%
Monounsaturated Fat 2g		Sugars 22g	
<b>Cholesterol</b> <5mg	<2%	<b>Protein</b> 9g	18%
Vitamin A 25%	Vitamin C 50%	Calcium 30%	
Iron 25%	Vitamin D 25%	Vitamin E 25%	
Vitamin K 25%	Thiamin 25%	Riboflavin 25%	
Niacin 25%	Vitamin B <sub>6</sub> 25%	Folate 25%	
Vitamin B <sub>12</sub> 25%	Biotin 25%	Pantothenic Acid 25%	
Phosphorus 25%	Iodine 25%	Magnesium 25%	
Zinc 25%	Selenium 25%	Copper 25%	
Manganese 60%	Chromium 25%	Molybdenum 50%	
Chloride 8%	Choline 15%		

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

**INGREDIENTS:** WATER, SUGAR, CORN MALTODEXTRIN, MILK PROTEIN CONCENTRATE, SOY OIL, SOY PROTEIN ISOLATE, COCOA POWDER (PROCESSED WITH ALKALI), PEA PROTEIN CONCENTRATE, CANOLA OIL; LESS THAN 0.5% OF: CORN OIL, MAGNESIUM PHOSPHATE, CELLULOSE GEL, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM CHLORIDE, POTASSIUM CITRATE, CALCIUM CARBONATE, CALCIUM PHOSPHATE, SODIUM CITRATE, CHOLINE CHLORIDE, ASCORBIC ACID, SALT, CELLULOSE GUM, MONOGLYCERIDES, SOY LECITHIN, CARRAGEENAN, POTASSIUM HYDROXIDE, FERRIC ORTHOPHOSPHATE, d-ALPHA-TOCOPHERYL ACETATE, ZINC SULFATE, NIACINAMIDE, MANGANESE SULFATE, CALCIUM PANTOTHENATE, COPPER SULFATE, VITAMIN A PALMITATE, THIAMINE CHLORIDE HYDROCHLORIDE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, FOLIC ACID, CHROMIUM CHLORIDE, BIOTIN, SODIUM MOLYBDATE, SODIUM SELENATE, POTASSIUM IODIDE, PHYLLOQUINONE, CYANOCOBALAMIN AND VITAMIN D<sub>3</sub>.  
**CONTAINS MILK AND SOY INGREDIENTS.**  
Abbott Nutrition, Abbott Laboratories, Columbus, Ohio 43219-3034 USA



- Suitable for lactose intolerance
- Gluten free
- Not for people with galactosemia

Not to be sold in  
Vietnam or Mexico

USE BY DATE ON  
END OF BOTTLE

Shake well. Serve cold.  
Refrigerate after opening.  
Call 1-800-986-8727;  
se habla español, or  
visit [Ensure.com](http://Ensure.com) for more  
information.

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#57231 43262 FAN 9180-05  
U.S. Patent Nos.  
5,908,647 and 6,066,344