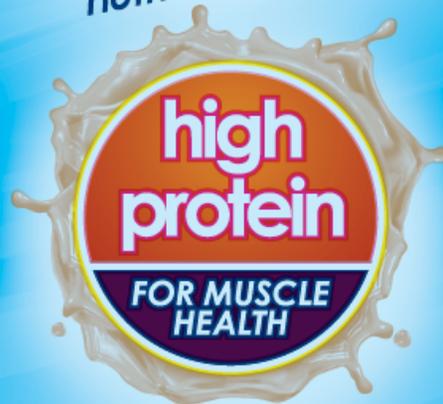




# Ensure Active™

nutrition shake



**16g** PROTEIN    **160** CALORIES    **2g** FAT

**vanilla**  
natural and artificial flavor

**8 FL OZ (237 mL)**



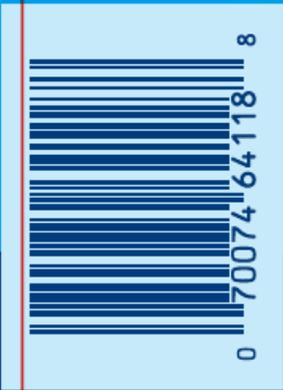
**Targeted nutrition to help stay active and strong**

Protein is important to keep muscles strong. Each bottle of Ensure Active™ High Protein has 16g of protein to support your muscles, 160 calories and is low in fat.

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.

GLUTEN-FREE, SUITABLE FOR LACTOSE INTOLERANCE. NOT FOR PEOPLE WITH GALACTOSEMIA. USE BY DATE ON END OF BOTTLE



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## Nutrition Facts

Serving Size 1 bottle (8 fl oz)

Amount Per Serving		Calories from Fat 20	
	% DV*		% DV*
<b>Calories</b> 160		<b>Total Fat</b> 2g	<b>3%</b>
		<b>Saturated Fat</b> 0.5g	<b>3%</b>
		<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>	<b>Total Carb.</b> 19g	<b>6%</b>
<b>Sodium</b> 130mg	<b>5%</b>	<b>Dietary Fiber</b> <1g	<b>&lt;4%</b>
		<b>Sugars</b> 4g	
		<b>Protein</b> 16g	<b>32%</b>
<b>Vitamin A</b> 30%	•	<b>Vitamin C</b> 100%	•
<b>Iron</b> 40%	•	<b>Calcium</b> 30%	•
<b>Vitamin K</b> 30%	•	<b>Vitamin D</b> 30%	•
<b>Niacin</b> 30%	•	<b>Vitamin E</b> 90%	•
<b>Vitamin B<sub>12</sub></b> 30%	•	<b>Thiamin</b> 30%	•
<b>Phosphorus</b> 25%	•	<b>Riboflavin</b> 30%	•
<b>Zinc</b> 35%	•	<b>Niacin</b> 30%	•
<b>Chromium</b> 40%	•	<b>Vitamin B<sub>6</sub></b> 30%	•
		<b>Folate</b> 60%	•
		<b>Vitamin B<sub>12</sub></b> 30%	•
		<b>Biotin</b> 30%	•
		<b>Pantothenic Acid</b> 30%	•
		<b>Phosphorus</b> 25%	•
		<b>Iodine</b> 25%	•
		<b>Magnesium</b> 15%	•
		<b>Zinc</b> 35%	•
		<b>Selenium</b> 30%	•
		<b>Manganese</b> 20%	•
		<b>Chromium</b> 40%	•
		<b>Molybdenum</b> 40%	•
		<b>Chloride</b> 4%	•

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

**INGREDIENTS:** WATER, MILK PROTEIN CONCENTRATE, CORN MALTODEXTRIN, SUGAR, SOY PROTEIN ISOLATE, CANOLA OIL; **LESS THAN 0.5% OF:** NATURAL AND ARTIFICIAL FLAVOR, MAGNESIUM PHOSPHATE, POTASSIUM CITRATE, CELLULOSE GUM, SODIUM ASCORBATE, SALT, LIQUID SUCRALOSE, CARRAGEENAN, CELLULOSE GEL, GELLAN GUM, ACESULFAME POTASSIUM, DI-ALPHA-TOCOPHERYL ACETATE, FERROUS SULFATE, NIACINAMIDE, ZINC GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, THIAMINE CHLORIDE HYDROCHLORIDE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, MANGANESE GLUCONATE, FOLIC ACID, BETA-CAROTENE, BIOTIN, CHROMIUM CHLORIDE, POTASSIUM IODIDE, PHYTONADIONE, SODIUM MOLYBDATE, SODIUM SELENITE, VITAMIN D, AND CYANOCOBALAMIN.

**CONTAINS MILK AND SOY INGREDIENTS.**  
Abbott Nutrition, Abbott Laboratories, Columbus, Ohio 43219-3034 USA