



Enshake

High energy powdered nutritional supplement

PRESENTATION

- Presented in cartons of 6 single-serving sachets (96.5 g) providing 600 kcal per serving when reconstituted with 240 ml whole milk.
- Available in banana, chocolate, strawberry and vanilla flavours.

USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a nutritional supplement for patients who cannot or will not eat sufficient quantities of everyday food and drink to meet their nutritional requirements. Enshake may also be added to foods as a "fortifier".

Not suitable as a sole source of nutrition.

COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 for the following indications:

- Disease-related malnutrition
- Malabsorption
- Other conditions requiring a high fat/high carbohydrate supplement.

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

STORAGE & DIRECTIONS FOR USE

- Store in a cool, dry place but not refrigerated.
- Pour 240 ml whole milk into a jug or shaker.
- Empty the contents of one sachet into the milk.
- Mix with a whisk or shaker. For a frothy shake, use an electric blender.
- Pour into a glass and serve.
- Once reconstituted, cover and refrigerate. Discard any unused liquid after 24 hours.

PRECAUTIONS

- In patients receiving some medications there may be a risk of drug nutrient interactions (e.g. warfarin and vitamin K). Careful prescribing and monitoring practices will serve to reduce the risk (please refer to pharmacist).
- Do not make any additions to the feed without consulting your pharmacist or dietitian.
- Many nutritional products contain sucrose and other sugars. It is important for patients who are taking supplements as sip feeds to observe good oral hygiene. It is suggested that patients consult with their dentist for further advice.
- When feeding to patients with dysphagia, please thicken the product as appropriate.
- Strawberry flavour Enshake contains the colour E124 (Ponceau 4R) which may have an adverse effect on activity and attention in children.
- Chocolate flavour Enshake has a high caffeine content (23 mg/100 ml)

CONTRA-INDICATIONS

- Not for parenteral (intravenous) use.
- Do not use in children under 1 year of age. Use with caution in children under 6 years of age.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

INGREDIENTS

Corn syrup, high oleic sunflower oil, calcium caseinate (milk protein), soy oil, coconut oil, sucrose, milk protein isolate, sodium citrate, soy protein isolate, magnesium sulphate, potassium phosphate, flavourings, potassium chloride, potassium citrate, calcium carbonate, vitamin C, antioxidants: E304, E306, sweetener: E950, vitamin E, vitamin A palmitate, beta-carotene, vitamin K, vitamin D.

Note: all information based on vanilla flavour. Some minor differences exist between flavours.

GENERAL INFORMATION

NB All data are for Enshake when prepared as directed, reconstituted with 240 ml whole milk.

Energy density 1.93 kcal/ml

Energy distribution (as fed):

| | |
|--------------|-------|
| Protein | 11.2% |
| Carbohydrate | 52.3% |
| Fat | 36.5% |

Osmolarity 746 mOsm/L

Osmolality 1050 mOsm/kg H₂O

Gluten free? ✓

Clinically lactose free? ✗¹

Milk free? ✗

Suitable for vegetarians? ✓²

For suitability for other diets and free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

1. Enshake powder is clinically lactose free.
2. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.



Enshake

High energy powdered nutritional supplement

NUTRITION INFORMATION

| | units | per 100 g powder | per 310 ml serving |
|----------------------|-------|------------------|--------------------|
| Energy | kJ | 1893 | 2519 |
| | kcal | 450 | 600 |
| Protein (nitrogen) | g | 8.40 (1.34) | 16.0 (2.56) |
| Carbohydrate | g | 69.0 | 78.4 |
| - of which sugars | g | 13.9 | 25.2 |
| Fat | g | 15.6 | 24.7 |
| - of which saturates | g | 4.54 | 11.1 |
| Fibre | g | 0 | 0 |
| - of which FOS | g | 0 | 0 |

Vitamins

| | | | |
|-----------------------|----|-----|------|
| Vitamin A (RE) | µg | 321 | 447 |
| - of which β-carotene | µg | 32 | 39.5 |
| Vitamin D | µg | 6.5 | 6.3 |
| Vitamin E (α TE) | mg | 7.0 | 7.0 |
| Vitamin C | mg | 47 | 48 |
| Vitamin K | µg | 47 | 45 |

Minerals

| | | | |
|------------------------|-----------|------------|------------|
| Sodium | mg (mmol) | 334 (14.5) | 458 (19.9) |
| Calcium | mg (mmol) | 178 (4.45) | 456 (11.4) |
| Phosphorus (phosphate) | mg (mmol) | 136 (4.35) | 359 (11.5) |
| Magnesium | mg (mmol) | 90 (3.75) | 114 (4.75) |
| Potassium | mg (mmol) | 440 (11.2) | 771 (19.8) |
| Chloride | mg (mmol) | 187 (5.26) | 428 (12.1) |

| | | | |
|-------|---|------|---|
| Water | g | 4.00 | - |
|-------|---|------|---|

PROTEIN & AMINO ACIDS

| | g/100 g protein | g/100 g powder | g/310 ml serving |
|--|-----------------|----------------|------------------|
|--|-----------------|----------------|------------------|

| Protein source | | | |
|----------------------|------|------|--|
| Calcium caseinate | 66.0 | 5.54 | |
| Milk protein isolate | 21.0 | 1.76 | |
| Soy protein isolate | 13.0 | 1.06 | |

Amino acids

| - Essential | | | |
|---------------|------|------|------|
| Histidine | 2.53 | 0.21 | 0.42 |
| Isoleucine | 4.63 | 0.39 | 0.76 |
| Leucine | 8.87 | 0.75 | 1.43 |
| Lysine | 7.20 | 0.60 | 1.17 |
| Methionine | 2.34 | 0.20 | 0.39 |
| Phenylalanine | 4.86 | 0.41 | 0.78 |
| Threonine | 4.24 | 0.36 | 0.73 |
| Tryptophan | 1.23 | 0.10 | 0.20 |
| Valine | 5.77 | 0.48 | 0.99 |
| Arginine | 3.85 | 0.32 | 0.59 |

- Non-essential

| | | | |
|---------------|------|------|------|
| Alanine | 3.12 | 0.26 | 0.53 |
| Aspartic acid | 3.36 | 0.28 | 0.88 |
| Cystine | 0.56 | 0.05 | 0.11 |
| Glutamic acid | 10.7 | 0.90 | 2.49 |
| Glycine | 2.17 | 0.18 | 0.33 |
| Proline | 9.74 | 0.82 | 1.46 |
| Serine | 5.58 | 0.47 | 0.86 |
| Tyrosine | 4.90 | 0.41 | 0.72 |
| Asparagine | 4.32 | 0.36 | 0.35 |
| Glutamine | 10.0 | 0.84 | 0.81 |

| | | | |
|------------------------|---------|--|--|
| Non-protein calorie: P | 315 : 1 | | |
|------------------------|---------|--|--|

CARBOHYDRATES

| | % total carbohydrates | g/100 g |
|--|-----------------------|---------|
|--|-----------------------|---------|

Carbohydrate source

| | | |
|------------|------|------|
| Corn syrup | 97.0 | 66.9 |
| Sucrose | 3.00 | 3.00 |

FAT & FATTY ACIDS

| | % total fatty acids | g/100 g powder | g/310 ml serving |
|--|---------------------|----------------|------------------|
|--|---------------------|----------------|------------------|

| Fat source | | | |
|--------------------------|------|------|------|
| High oleic sunflower oil | 47.0 | 7.33 | 7.07 |
| Soy oil | 28.0 | 4.37 | 4.22 |
| Coconut oil | 25.0 | 3.90 | 3.90 |

| Fatty acids | g/100 g fat | g/100 ml | g/310 ml serving |
|-------------|-------------|----------|------------------|
|-------------|-------------|----------|------------------|

| | | | | |
|----------------|-------|------|------|------|
| - Essential | | | | |
| Linoleic acid | C18:2 | 18.1 | 2.83 | 2.91 |
| Linolenic acid | C18:3 | 1.64 | 0.26 | 0.38 |

| | | | | |
|-------------------|-------|------|------|------|
| - Monounsaturated | | | | |
| Palmitoleic acid | C16:1 | 0.11 | 0.02 | 0.20 |
| Oleic acid | C18:1 | 46.4 | 7.25 | 9.05 |
| Gadoleic acid | C20:1 | 0.05 | 0.01 | 0.03 |

| | | | | |
|-----------------|-------|-------|------|------|
| - Saturated | | | | |
| Caproic acid | C6:0 | 0.14 | 0.02 | 0.25 |
| Caprylic acid | C8:0 | 1.62 | 0.25 | 0.37 |
| Capric acid | C10:0 | 1.41 | 0.22 | 0.50 |
| Lauric acid | C12:0 | 10.91 | 1.71 | 2.02 |
| Myristic acid | C14:0 | 4.22 | 0.66 | 1.65 |
| Palmitic acid | C16:0 | 7.00 | 1.09 | 3.76 |
| Margaric acid | C17:0 | 0.07 | 0.01 | 0.06 |
| Stearic acid | C18:0 | 2.83 | 0.44 | 1.44 |
| Arachidic acid | C20:0 | 0.29 | 0.05 | 0.04 |
| Behenic acid | C22:0 | 0.47 | 0.07 | 0.07 |
| Lignoceric acid | C24:0 | 0.09 | 0.01 | 0.01 |

| | | | |
|--------------------|------|--|--|
| P/S ratio (powder) | 0.68 | | |
|--------------------|------|--|--|

| | | | |
|--------------------|------|--|--|
| P/S ratio (as fed) | 0.29 | | |
|--------------------|------|--|--|

| | | | |
|---------|----------|--|--|
| n6 : n3 | 11.0 : 1 | | |
|---------|----------|--|--|

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