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FIND THE PRODUCT that's right for your patient.

COMPARISON TABLE

	 Ensure® Regular	 Ensure® Protein Max	 Ensure® High Protein [12 g of protein]	 Ensure® High Protein [16 g of protein]	 Ensure® Plus Calories	 Ensure® Compact	 Glucerna®	 PediaSure Complete®	 PediaSure Complete® Reduced Sugar
Key Features	Complete, balanced nutrition to stay active and energetic.	Excellent source of protein, to support strong muscles. Advanced nutrition with HMB.	Complete, balanced nutrition with protein, to help build muscles.	Complete nutrition, high in protein, with fewer Calories. [†]	Complete, balanced nutrition to help gain or maintain a healthy weight.	Complete, balanced nutrition in half the size. [‡]	Complete, balanced nutrition designed for people with diabetes.	Complete, balanced nutrition for children, to help support growth and development.	Complete, balanced nutrition for children, to help support growth and development, with 33% less sugar. [§]
Energy (Cal/bottle)	235	350	225	160	355	218	225	235	240
Protein (g/bottle)	9.4	20	12	16	14	9	11	9.3	9
Fibre (g/bottle)	0	3 (scFOS fibre)	0	0.89	0	0	5.6	1 (scFOS fibre)	0
Format	235 mL	235 mL	235 mL	235 mL	235 mL	118 mL	237 mL	235 mL	235 mL
Flavours[¶]	   Vanilla Chocolate Strawberry   Butter Pecan Mixed Berry	  Vanilla Chocolate	  Vanilla Chocolate  Strawberry	  Vanilla Chocolate	  Vanilla Chocolate   Strawberry Butter Pecan	  Vanilla Chocolate	  Vanilla Chocolate   Strawberry Mixed Berry	  Vanilla Chocolate	  Vanilla Chocolate  Strawberry

scFOS: short-chain fructooligosaccharides; HMB: β-hydroxy-β-methylbutyrate

[†] 29% less Calories compared to Ensure® High Protein [12 g of protein].

[‡] Compared to 235-mL Ensure® Regular.

[§] Compared to the original PediaSure Complete® formulation.

[¶] Natural and artificial flavours.

1. Darzi J. Be nutrition aware in primary care: making every contact count. *Br J Gen Pract* 2014;554-5; doi:10.3399/bjgp14X682105.

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