

# Are you getting the nutrition you need?



2 Hard-boiled Eggs



1 Medium Apple



1 Small Baked Potato



1 Tablespoon Almonds



3 oz Grilled Chicken Breast



3/4 Cup Blueberries



1 Cup Spinach



**700 calories  
and 40 grams  
of protein**

**Cost ~ \$7-8**

**Cost ~ \$5**

**Ask your doctor about Ensure Enlive.**

The only complete, balanced nutrition shake that has the unique ingredient HMB plus 20 grams of high quality protein to help rebuild lost muscle.

# Abbott Nutrition has the right products to meet your needs

There's an Ensure that is right for you!



Ensure®  
Enlive®



Ensure®  
Plus



Ensure®  
Original



Ensure®  
High Protein



Ensure®  
Clear



Ensure®  
Compact®

HMB	✓	—	—	—	—	—
Calories	350	350	220	160	180	220
Protein	20 g	13 g	9 g	16 g	8 g	9 g

Glucerna is specifically designed to help minimize blood sugar spikes.\*



Glucerna®



Glucerna®  
Hunger  
Smart



Glucerna®  
Advance



Glucerna®  
Snack  
Shake



Glucerna®  
Nutrition  
Bars Crispy  
Delights



Glucerna®  
Nutrition  
Bars Mini  
Snacks

Calories	190	180	200	140	150	80
Protein	10 g	15 g	10 g	7g	10 g	3 g
Carbohydrates	23 g	14 g	26 g	19 g	20 g	10 g
Sugars	6 g	6 g	6 g	5 g	4 g	3 g

\*Glucerna has CarbSteady to help minimize blood sugar response compared to high glycemic carbohydrates. Use under medical supervision

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