

APPENDIX 3

Nutrient comparison (per 100ml) of Current & New Formula

Vanilla

<u>NUTRIENT</u>	Unit	Current Ensure® Life	New Ensure® Life StrengthPro™
Energy (INT)	kcal	114	114
	kJ	478	478
Protein	g	4.57	4.57
Fat	g	3.69	3.69
Saturated fatty acids	g	0.41	0.41
Monounsaturated fatty acids	g	2.25	2.25
Oleic acid (Omega-9)	g	2.25	2.25
Polyunsaturated fatty acids	g	0.93	0.93
α-linolenic acid (Omega-3)	g	0.08	0.08
Linoleic acid (Omega-6)	g	0.69	0.69
Trans fatty acids	g	0.07	0.07
Cholesterol	g	0.004	0.004
Carbohydrate	g	14.87	14.81
Total Sugar	g	3.29	3.29
Sucrose	g	1.58	1.58
Lactose	g	0.40	0.34
Dietary Fiber	g	1.09	1.14
Oligofructose (FOS)	g	1.09	1.09
Yeast Beta Glucan	mg	0	54.4
CaHMB	g	0.32	0.32
HMB	g	0.26	0.26
Taurine	mg	11.3	11.3
L-carnitine	mg	10.0	10.0
<u>VITAMINS</u>			
Vitamin A (palmitate)	IU	395	395
Vitamin A (β-carotene)	IU	53	53
Vitamin D3	IU	135	135
Vitamin E	IU	3.1	3.4
Vitamin K1	mcg	8.7	8.7
Vitamin C	mg	14.3	15.7
Folic acid	mcg	34	34
Vitamin B1	mg	0.21	0.21
Vitamin B2	mg	0.21	0.21
Vitamin B6	mg	0.27	0.27
Vitamin B12	mcg	0.40	0.40
Niacin	mg NE	1.61	1.61
Pantothenic acid	mg	1.11	1.11
Biotin	mcg	4.7	4.7
Choline	mg	35.8	35.8

MINERALS			
Sodium	mg	84	84
Potassium	mg	177	177
Chloride	mg	119	119
Calcium	mg	119	119
Phosphorus	mg	69	69
Magnesium	mg	24.3	29.1
Iron	mg	1.05	1.16
Zinc	mg	1.16	1.16
Manganese	mg	0.37	0.37
Copper	mcg	75	75
Iodine	mcg	16.9	16.9
Selenium	mcg	5.8	5.8
Chromium	mcg	6.0	6.0
Molybdenum	mcg	11.1	11.1

Chocolate

<u>NUTRIENT</u>	<u>Unit</u>	<u>Current Ensure Life</u>	<u>New Ensure Life StrengthPro™</u>
Energy	kcal	114	113
	kJ	477	474
Protein	g	4.57	4.57
Fat	g	3.69	3.69
Saturated fatty acids	g	0.44	0.44
Monounsaturated fatty acids	g	2.04	2.04
Oleic acid (Omega-9)	g	2.03	2.04
Polyunsaturated fatty acids	g	0.88	0.88
α -linolenic acid (Omega-3)	g	0.076	0.08
Linoleic acid (Omega-6)	g	0.76	0.69
Trans fatty acids	g	0.07	0.07
Cholesterol	g	0.004	0.004
Carbohydrate	g	14.62	14.50
Total Sugar	g	4.10	4.17
Sucrose	g	2.84	2.85
Lactose	g	0.15	0.34
Dietary Fiber	g	1.09	1.45
Oligofructose (FOS)	g	1.09	1.09
Yeast Beta Glucan	mg	0	54.4
CaHMB	g	0.32	0.32
Taurine	mg	11.3	11.3
L-carnitine	mg	10.0	10.0
<u>VITAMINS</u>			
Vitamin A (palmitate)	IU	395	395
Vitamin A (β -carotene)	IU	53	53
Vitamin D3	IU	135	135
Vitamin E	IU	3.1	3.4
Vitamin K1	mcg	8.7	8.7
Vitamin C	mg	14.3	15.7
Folic acid	mcg	34	34
Vitamin B1	mg	0.21	0.21
Vitamin B2	mg	0.21	0.21
Vitamin B6	mg	0.27	0.27
Vitamin B12	mcg	0.40	0.40
Niacin	mg NE	1.61	1.61
Pantothenic acid	mg	1.11	1.11
Biotin	mcg	4.7	4.7
Choline	mg	35.8	35.8
<u>MINERALS</u>			
Sodium	mg	84	84
Potassium	mg	228	228
Chloride	mg	119	119
Calcium	mg	119	119
Phosphorus	mg	76	76

Magnesium	mg	27.9	29.1
Iron	mg	1.22	1.56
Zinc	mg	1.16	1.16
Manganese	mg	0.40	0.40
Copper	mcg	105	132
Iodine	mcg	16.9	16.9
Selenium	mcg	5.8	5.8
Chromium	mcg	8.8	8.8
Molybdenum	mcg	11.1	11.1

Strawberry

<u>NUTRIENT</u>	<u>Unit</u>	<u>Current Ensure Life</u>	<u>New Ensure Life StrengthPro™</u>
Energy	kcal	114	114
	kJ	480	478
Protein	g	4.57	4.57
Fat	g	3.69	3.69
Saturated fatty acids	g	0.44	0.41
Monounsaturated fatty acids	g	2.04	2.25
Oleic acid (Omega-9)	g	2.03	2.25
Polyunsaturated fatty acids	g	0.88	0.93
α -linolenic acid (Omega-3)	g	0.076	0.08
Linoleic acid (Omega-6)	g	0.76	0.69
Trans fatty acids	g	0.07	0.07
Cholesterol	g	0.004	0.004
Carbohydrate	g	14.91	14.81
Total Sugar	g	4.21	4.17
Sucrose	g	2.88	2.85
Lactose	g	0.15	0.34
Dietary Fiber	g	1.09	1.14
Oligofructose (FOS)	g	1.09	1.09
Yeast Beta Glucan	mg	0	54.4
CaHMB	g	0.32	0.32
HMB	g	0.26	0.26
Taurine	mg	11.3	11.3
L-carnitine	mg	10.0	10.0
<u>VITAMINS</u>			
Vitamin A (palmitate)	IU	395	395
Vitamin A (β -carotene)	IU	53	53
Vitamin D3	IU	135	135
Vitamin E	IU	3.1	3.4
Vitamin K1	mcg	8.7	8.7
Vitamin C	mg	14.3	15.7
Folic acid	mcg	34	34
Vitamin B1	mg	0.21	0.21
Vitamin B2	mg	0.21	0.21
Vitamin B6	mg	0.27	0.27
Vitamin B12	mcg	0.40	0.40
Niacin	mg NE	1.61	1.61
Pantothenic acid	mg	1.11	1.11
Biotin	mcg	4.7	4.7
Choline	mg	35.8	35.8
<u>MINERALS</u>			
Sodium	mg	84	84
Potassium	mg	177	177
Chloride	mg	119	119
Calcium	mg	119	119

Phosphorus	mg	69	69
Magnesium	mg	24.3	29.1
Iron	mg	1.05	1.16
Zinc	mg	1.16	1.16
Manganese	mg	0.37	0.37
Copper	mcg	75	75
Iodine	mcg	16.9	16.9
Selenium	mcg	5.8	5.8
Chromium	mcg	6.0	6.0
Molybdenum	mcg	11.1	11.1

Coffee

<u>NUTRIENT</u>	Unit	Current Ensure Life	New Ensure Life StrengthPro™
Energy (INT)	kcal	114	114
	kJ	478	478
Protein	g	4.57	4.57
Fat	g	3.69	3.69
Saturated fatty acids	g	0.41	0.41
Monounsaturated fatty acids	g	2.25	2.25
Oleic acid (Omega-9)	g	2.25	2.25
Polyunsaturated fatty acids	g	0.93	0.93
α-linolenic acid (Omega-3)	g	0.08	0.08
Linoleic acid (Omega-6)	g	0.69	0.69
Trans fatty acids	g	0.07	0.07
Cholesterol	g	0.004	0.004
Carbohydrate	g	14.87	14.81
Total Sugar	g	3.29	3.29
Sucrose	g	1.58	1.58
Lactose	g	0.4	0.34
Dietary Fiber	g	1.09	1.14
Oligofructose (FOS)	g	1.09	1.09
Yeast Beta Glucan	mg	0	54.4
CaHMB	g	0.32	0.32
Taurine	mg	11.3	11.3
L-carnitine	mg	10.0	10.0
<u>VITAMINS</u>			
Vitamin A (palmitate)	IU	395	395
Vitamin A (β-carotene)	IU	53	53
Vitamin D3	IU	135	135
Vitamin E	IU	3.1	3.4
Vitamin K1	mcg	8.7	8.7
Vitamin C	mg	14.2	15.7
Folic acid	mcg	34	34
Vitamin B1	mg	0.21	0.21
Vitamin B2	mg	0.21	0.21
Vitamin B6	mg	0.26	0.27
Vitamin B12	mcg	0.40	0.40
Niacin	mg NE	1.62	1.61
Pantothenic acid	mg	1.11	1.11
Biotin	mcg	4.7	4.7
Choline	mg	35.8	35.8
<u>MINERALS</u>			
Sodium	mg	84	84
Potassium	mg	177	177
Chloride	mg	119	119
Calcium	mg	119	119

Phosphorus	mg	69	69
Magnesium	mg	24.2	29.1
Iron	mg	1.05	1.16
Zinc	mg	1.16	1.16
Manganese	mg	0.37	0.37
Copper	mcg	75	75
Iodine	mcg	16.9	16.9
Selenium	mcg	5.8	5.8
Chromium	mcg	6.1	6.0
Molybdenum	mcg	11.1	11.1

Wheat

<u>NUTRIENT</u>	Unit	Current Ensure Life	New Ensure Life StrengthPro™
Energy (INT)	kcal	114	114
	kJ	478	478
Protein	g	4.57	4.57
Fat	g	3.69	3.69
Saturated fatty acids	g	0.41	0.41
Monounsaturated fatty acids	g	2.25	2.25
Oleic acid (Omega-9)	g	2.25	2.25
Polysaturated fatty acids	g	0.93	0.93
α-linolenic acid (Omega-3)	g	0.08	0.08
Linoleic acid (Omega-6)	g	0.69	0.69
Trans fatty acids	g	0.07	0.07
Cholesterol	g	0.004	0.004
Carbohydrate	g	14.87	14.81
Total Sugar	g	3.29	3.29
Sucrose	g	1.58	1.58
Lactose	g	0.40	0.34
Soluble dietary Fiber	g	1.09	1.09
Oligofructose (FOS)	g	1.09	1.09
Yeast Beta Glucan	mg	0	54.4
CaHMB	g	0.32	0.32
HMB	g	0.26	0.26
Taurine	mg	11.3	11.3
L-carnitine	mg	10.0	10.0
<u>VITAMINS</u>			
Vitamin A (palmitate)	IU	395	395
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Vitamin E	IU	3.1	3.4
Vitamin K1	mcg	8.7	8.7
Vitamin C	mg	14.2	15.7
Folic acid	mcg	34	34
Vitamin B1	mg	0.21	0.21
Vitamin B2	mg	0.21	0.21
Vitamin B6	mg	0.26	0.27
Vitamin B12	mcg	0.40	0.40
Niacin	mg NE	1.62	1.61
Pantothenic acid	mg	1.11	1.11
Biotin	mcg	4.7	4.7
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Zinc	mg	1.16	1.16
Manganese	mg	0.37	0.37
Copper	mcg	75	75
Iodine	mcg	16.9	16.9
Selenium	mcg	5.8	5.8
Chromium	mcg	6.1	6.0
Molybdenum	mcg	11.1	11.1