



# Oral Nutrition Supplement Comparison Guide

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## Abbott® Products

| Name                       | Calories | Protein (grams) | Free-water (milliliters) |
|----------------------------|----------|-----------------|--------------------------|
| Ensure®                    | 220      | 9               | 202                      |
| Ensure Plus®               | 350      | 13              | 180                      |
| Ensure High Protein Shake® | 160      | 16              | -                        |
| Ensure Clear®              | 200      | 7               | 166                      |
| Glucerna® Shake            | 190      | 10              | -                        |

## Nestle® Products

| Name  | Calories | Protein (grams) | Free-water (milliliters) |
|---|----------|-----------------|--------------------------|
| Boost®  | 240      | 10              | 210                      |
| Boost Plus®   | 360      | 14              | 185                      |
| Boost High Protein®   | 240      | 15              | 200                      |
| Boost VHC® (Very High Calorie)  | 530      | 22              | 160                      |
| Boost Glucose Control®  | 250      | 14              | 198                      |
| Carnation Breakfast Essentials® (Ready to Drink)                                  | 240      | 10              | 197                      |
| Carnation Breakfast Essentials® (Powder Drink Mix mixed with 1 cup fat-free milk) | 220      | 13              | -                        |

|  |     |    |     |
|--|-----|----|-----|
| Carnation Breakfast <sup>®</sup><br>Essentials High Protein <sup>®</sup><br>(Ready to Drink) | 220 | 15 | 201 |
|--|-----|----|-----|

### Walmart<sup>®</sup>

| Name                     | Calories | Protein (grams) | Free-water (milliliters) |
|--------------------------|----------|-----------------|--------------------------|
| Equate Plus <sup>®</sup> | 350      | 13              | -                        |

### Target<sup>®</sup>

| Name   | Calories | Protein (grams) | Free-water (milliliters) |
|--|----------|-----------------|--------------------------|
| Market Pantry <sup>®</sup><br>Original Vanilla<br>Nutrition Shakes | 220      | 9               | -                        |

### Aptalis<sup>®</sup> Pharma

| Name  | Calories | Protein (grams) | Free-water (milliliters) |
|---|----------|-----------------|--------------------------|
| Scandishake <sup>®</sup> Powder<br>packets (mixed with 1 cup<br>whole milk) | 588      | 11.7            | -                        |

\*Also check with CVS, Walgreens, or Rite Aid pharmacy for other available options.

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