



# 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> Essentials High Protein <sup>®</sup> (Ready to Drink)	220	15	201
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### 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> Original Vanilla Nutrition Shakes	220	9	-

### Aptalis<sup>®</sup> Pharma

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

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

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