



Nutritional Drinks

Below is a list of various nutritional drinks. This list does not include all products available on the market and does not endorse one brand over another. Individual tastes, preferences, and needs will guide your choices. (Nutrition information per 8 oz serving unless indicated)

General Nutritional Drinks

<i>Product Name</i>	<i>Manufacturer</i>	<i>Calories</i>	<i>Protein (g)</i>
Boost	Nestle	240	10
Carnation Instant Breakfast Essential	Nestle	250	14
Carnation Instant Breakfast powder – mixed with 8 oz fat free milk (single-serve envelope yields 9 oz.)	Nestle	220	13
Ensure	Abbott	250	9
Ensure Powder (per ½ cup serving)	Abbott	250	9
Orgain (330 ml)	Orgain	255	16

High Calorie or Protein Nutritional Drinks

<i>Product Name</i>	<i>Manufacturer</i>	<i>Calories</i>	<i>Protein (g)</i>
Boost Compact (4 fl. oz)	Nestle	240	10
Boost High Protein	Nestle	240	15
Boost Plus	Nestle	360	14
Boost VHC	Nestle	560	23
Ensure High Protein	Abbott	230	12
Ensure Plus	Abbott	350	13
Enu	Trovita	490	25
Scandishake	Axcan	440	6

For People with Diabetes or High Blood Sugar

<i>Product Name</i>	<i>Manufacturer</i>	<i>Calories</i>	<i>Protein (g)</i>
Boost Glucose Control (total carbohydrates: 16 g)	Nestle	190	16
Glucerna Shake (total carbohydrates: 27 g)	Abbott	200	10
Glucerna Bar (total carbohydrates: 25 g)	Abbott	150	6

Clear Juice Drinks

<i>Product Name</i>	<i>Manufacturer</i>	<i>Calories</i>	<i>Protein (g)</i>
Enlive	Abbott	250	9
Resource Breeze	Nestle	250	9
Isopure Plus	Isopure	190	15
Ensure Clear (296 ml)	Abbott	180	9

Other High Calorie Products

<i>Product Name</i>	<i>Manufacturer</i>	<i>Calories</i>	<i>Protein (g)</i>
Boost Pudding (5 oz)	Nestle	240	7
Ensure Pudding	Abbott	170	4

Nourishments (Additions)

<i>Product Name</i>	<i>Manufacturer</i>	<i>Calories</i>	<i>Protein (g)</i>
Resource BeneCalorie (1.5 oz.)	Nestle	330	7
Resource BeneProtein (1 scoop or packet)	Nestle	25	6
Unjury (Chocolate, Vanilla, Strawberry Sorbet, Chicken soup, unflavored) – whey protein isolate	Prosynthesis	80	20
Glutasolve (glutamine) 15g/serving	Nestle	90	15
Egg White powder – found in grocery stores	Various	Various	Various

Where to purchase:

Abbott

- ❖ 1-800-986-8502
- ❖ Online at www.Abbottstore.com
- ❖ Also available at local grocery stores, discount stores or pharmacies

Axcan

- ❖ 1-800-472-2634
- ❖ Online at <http://store.axcanscandipharm.com>

Isopure Plus

- ❖ 1-800-345-2378
- ❖ Online at <http://www.isopureplus.com/>
- ❖ Also available at Vitamin Adventure (925) 930-7553

Nestle

- ❖ 1-888-240-2713 (15% Discount Code: NNS9463)
- ❖ Online at www.NestleNutritionStore.com
- ❖ Also available at CVS pharmacy website www.cvs.com, Walgreen www.walgreens.com, drugstore www.drugstore.com, or My Brands www.mybrands.com

Orgain

- ❖ Available from Whole Food
- ❖ <http://drinkorgain.com> (enter the word “Nutrition30” and a 30% discount will be applied)

Prosynthesis Laboratories

- ❖ 1-800-517-5111
- ❖ Online at <http://www.unjury.com/>

Trovita

- ❖ 1-855-266-6733
- ❖ Online at <https://www.drinkenu.com/>

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