

**Nutrient Composition of Adult Commercial Enteral Formulas and Modular Formulas Available at UCSF**

Last revised November 2014

**Composition per 1,000 ml**

\*All of the below formulas are lactose-free and contain &lt;150 mcg vitamin K/1000 ml

Product and Manufacturer	kcal/mL	mOsm/kg	H <sub>2</sub> O (%)	Vol for: 100% RDI	Pro (g)	Fat (g)	% MCT Oil (of total fat)	CHO (g)	Fiber (g)	Na(mg)/mEq	K(mg)/mEq	Ca (mg)	Vit D (IU)	Phos (mg)	Mg (mg)	Vit A (IU)	Vit C (mg)	Zn (mg)	
<b>ORAL SUPPLEMENTS</b>																			
<b>Boost (Nestle)</b> Corn syrup, Sugar, Milk Protein Concentrate, Canola Oil, High Oleic Sunflower Oil, Corn Oil, Soy Protein isolate.	1.0	625	85	1185	42	17	0	173	0	633/27	1941/50	1266	1000	1266	422	5263	253	19	
<b>Boost Plus (Nestle)</b> Corn Syrup, Sugar, Canola Oil, High Oleic Sunflower Oil, Corn, Oil, Milk Protein Concentrate, Calcium & Sodium Caseinates, Soy Protein Isolate, Gum Acacia, Fructooligosaccharides.	1.5	670	78	1185	59	59	0	190	13	844/37	1519/39	1477	1013	1266	422	5263	253	19	
<b>Boost Glucose Control (Nestle)</b> Sodium & Calcium Caseinates, Canola Oil, Tapioca Dextrin, Fructose, Corn Syrup, Fructooligosaccharides, Soy Fiber, Partially Hydrolyzed Guar Gum, L-Arginine.	1.06	400	84	1180	59	51	0	97	13	1139/49	1097/28	1056	1013	844	338	5263	429	13	
<b>Boost Breeze (Nestle)</b> Sugar, Corn Syrup, Whey Protein Isolate.	1.06	750	83	n/a	38	0	0	228	0	338/15	0	0	253	633	0	3158	152	16	
<b>Juven (Abbott)</b> L-Glutamine, L-Arginine, Calcium Beta-Hydroxy-Beta-Methylbutyrate, Aspartame.	80 cal/8oz serving	451	n/a	n/a	14	0	0	8	0	0	0	200	0	0	0	0	0	0	
<b>WHOLE PROTEIN/LOW RESIDUE</b>																			
<b>Nutren 1.0 (Nestle)</b> Maltodextrin, Calcium-Potassium Caseinate, Sugar, Canola Oil, MCT Oil, Canola Oil, Corn Oil, Soy Lecithin.	1.0	370	85	1500	40	38	25	128	0	880/38	1240/32	668	268	668	268	3200	140	14	
<b>Replete (Nestle)</b> Maltodextrin, Calcium-Potassium Caseinate, Canola Oil, MCT Oil, Soy Lecithin.	1.0	300	85	1000	62	34	25	112	0	876/38	1500/39	1000	272	1000	400	5000	340	24	
<b>Osmolite 1.2 (Abbott)</b> Corn Maltodextrin, Sodium & Calcium Caseinates, Safflower Oil, Canola Oil, MCT Oil, Soy Lecithin.	1.2	360	82	1000	56	39	20	158	0	1340/58	1810/46	1200	400	1200	400	5000	300	23	
<b>Nutren 1.5 (Nestle)</b> Maltodextrin, Calcium-Potassium Caseinate, MCT Oil, Canola Oil, Corn Oil, Soy Lecithin.	1.5	430	76	1000	60	68	50	168	0	1160/50	1880/48	1000	400	1000	400	4800	212	20	
<b>WHOLE PROTEIN/ LOW RESIDUE/ HIGH MEDIUM CHAIN TRIGLYCERIDE</b>																			
<b>Nutren 2.0 (Nestle)</b> Corn Syrup Solids, Calcium-Potassium Caseinate, MCT Oil, Maltodextrin, Sucrose, Canola Oil, Soy Lecithin, Corn Oil.	2	745	70	750	80	104	75	196	0	1300/57	1920/49	1340	532	1340	536	6400	280	28	
<b>FIBER-ENRICHED</b>																			
<b>Nutren 1.0 Fiber (Nestle)</b> Maltodextrin, Calcium-Potassium Caseinate, Corn Syrup, Sugar, Canola Oil, Pea Fiber, MCT Oil, Corn Oil, Fructooligosaccharides.	1.0	410	84	1500	40	38	25	128	14	880/38	1240/32	668	268	668	268	3200	140	14	
<b>Replete Fiber (Nestle)</b> Maltodextrin, Calcium-Potassium Caseinate, Corn Syrup, Canola Oil, Soy Fiber (insoluble fiber), MCT Oil, Soy Lecithin.	1.0	310	84	1000	62	34	25	112	14	876/38	1500/39	1000	272	1000	400	5000	340	24	
<b>Fibersource HN (Nestle)</b> Corn Syrup, Soy Protein Isolate, Canola Oil, Soy Fiber (insoluble fiber), MCT Oil, Partially Hydrolyzed Guar Gum (soluble fiber).	1.2	490	81	1250	54	39	20	160	10	1200/52	1900/49	1000	340	1000	340	4280	200	18	
<b>Isosource 1.5 (Nestle)</b> Maltodextrin, Sodium & Calcium Caseinates, Canola Oil, MCT Oil, Soybean Oil, Soy Fiber, Partially Hydrolyzed Guar Gum.	1.5	650	78	980	68	65	30	168	8	1300/57	2140/55	1072	428	1020	428	10,720	320	32	
<b>WHOLE PROTEIN/ FIBER-ENRICHED/ LOW CARBOHYDRATE</b>																			
<b>Glytrol (Nestle)</b> Maltodextrin, Calcium-Potassium Caseinate, Modified Cornstarch, Canola Oil, High Oleic Safflower Oil, MCT Oil, Pea Fiber, Gum Arabic, Oligofructose, Soy Lecithin, Inulin.	1.0	280	84	1500	45	48	20	100	15	740/32	1400/36	720	272	720	286	5080	140	15	

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**PEPTIDE-BASED (SEMI-ELEMENTAL)**

<b>Peptamen (Nestle)</b> Maltodextrin, Hydrolyzed Whey Protein, MCT Oil, Cornstarch, Soybean Oil, Soy Lecithin.	1.0	270	85	1500	40	39	70	128	0	560/24	1500/38	800	532	700	300	4300	340	24
<b>Peptamen 1.5 (Nestle)</b> Maltodextrin, Hydrolyzed Whey Protein, MCT Oil, Cornstarch, Soybean Oil, Soy Lecithin.	1.5	550	77	1000	68	56	70	184	0	1020/44	1860/48	1000	800	1000	400	6460	512	36
<b>Peptamen AF (Nestle)</b> Hydrolyzed Whey Protein, Maltodextrin, MCT Oil, Soybean Oil, Cornstarch, Fish Oil, Oligofructose, Soy Lecithin, Inulin, Guar Gum.	1.2	390	81	1250	76	55	50	107	5	800/35	1600/41	800	640	800	320	8000	384	29
<b>Impact Peptide 1.5 (Nestle)</b> Maltodextrin, Enzymatically Hydrolyzed Casein, MCT Oil, L-Arginine, Cornstarch, Refined Fish Oil, Soybean Oil.	1.5	510	77	1000	94	64	50	140	0	1170/51	1870/48	1000	800	1000	420	15,000	1000	36

**ELEMENTAL**

<b>Vivonex RTF (Nestle)</b> Maltodextrin, Food Starch Modified (corn), Free Amino Acids, Soybean Oil, MCT Oil.	1.0	630	85	1500	50	12	40	176	0	700/30	1200/31	668	533	668	268	3320	68	12
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**WHOLE PROTEIN/ HIGH CALORIE/ LOW ELECTROLYTE**

<b>Suplena Carb Steady (Abbott)</b> Corn Maltodextrin, Safflower Oil, Milk Protein Isolate, Sucrose, Canola Oil, Glycerin, Isomaltulose, Sodium Caseinate, FOS, Soy Lecithin.	1.8	600	73	948	45	96	0	196	13	802/35	1139/30	1060	84	717	210	3165	106	27
<b>Novasource Renal (Nestle)</b> Corn Syrup, Canola Oil, Sodium and Calcium Caseinates, Isolated Soy Protein, Soy Lecithin.	2.0	800	72	1000	91	100	0	183	0	945/41	945/24	840	400	819	197	3000	60	22

**SPECIALIZED FORMULAS**

<b>Compleat (Nestle)</b> Maltodextrin, Corn Syrup, Chicken Puree, Sodium Caseinate, Carrot and Pea Puree, Tomato Puree, Canola Oil, Cranberry Juice, Partially Hydrolyzed Guar Gum (soluble fiber).	1.06	340	85	1400	48	40	0	132	6	1000/43	1540/40	760	572	760	300	3568	212	16
<b>Impact Advanced Recovery (Nestle)</b> (Vanilla) Sugar, Corn Syrup Solids, Sodium and Calcium Caseinates, L-Arginine, Refined Fish Oil, Partially Hydrolyzed Guar Gum, MCT Oil, Corn Oil.	1.4	930	77	n/a	76	39	30	190	15	1500/65	1900/49	1130	633	1000	323	7940	80	21
<b>Oxepa (Abbott)</b> Sodium and Calcium Caseinates, Sugar, Corn Maltodextrin, Canola Oil, MCT, Marine Oil, Borage Oil.	1.5	535	79	946	63	94	25	105	0	1310/57	1960/50	1060	425	1060	425	11,910	850	24

**MODULAR COMPONENTS**

<b>Beneprotein (Nestle)</b> Whey Protein Isolate, Soy Lecithin.	5 g (wt) = 18 kcal per 1 Tbsp	NA	NA	Does not meet RDI	4 g	0	0	0	0	11	21 mg	14 mg	0	11 mg	0	0	0	0
<b>Benecalorie (Nestle)</b> Sunflower Oil, Calcium Caseinate, Mono & Diglycerides, Sucralose.	330 kcal per 1.5 oz serving	NA	NA	Does not meet RDI	7 g	33 g per serv	0	0	0	0	0	100 mg	0	0	0	0	60	4
<b>Microlipid (Nestle)</b> 50% Safflower Oil Emulsion.	4.5	62	45	Does not meet RDI	0	0.5/ml	0	0	0	0	0	0	0	0	0	0	0	0
<b>MCT Oil (Nestle)</b>	7.7	NA	0	Does not meet RDI	0	0.93/ml	100	0	0	0	0	0	0	0	0	0	0	0
<b>Duocal Powder (Nutricia)</b> Hydrolyzed Cornstarch, Vegetable oils (Corn, Coconut), MCT.	4.9 kcal per gram	NA	NA	Does not meet RDI	0	0.22/g	NA	0.73/g	0	neg	neg	neg	0	neg	0	0	0	0
<b>Nutrisource Fiber (Nestle)</b> Partially Hydrolyzed Guar Gum.	4 g (wt) = 15 kcal per 1 Tbsp	NA	NA	Does not meet RDI	0	0	0	4	3	neg	neg	0	0	0	0	0	0	0