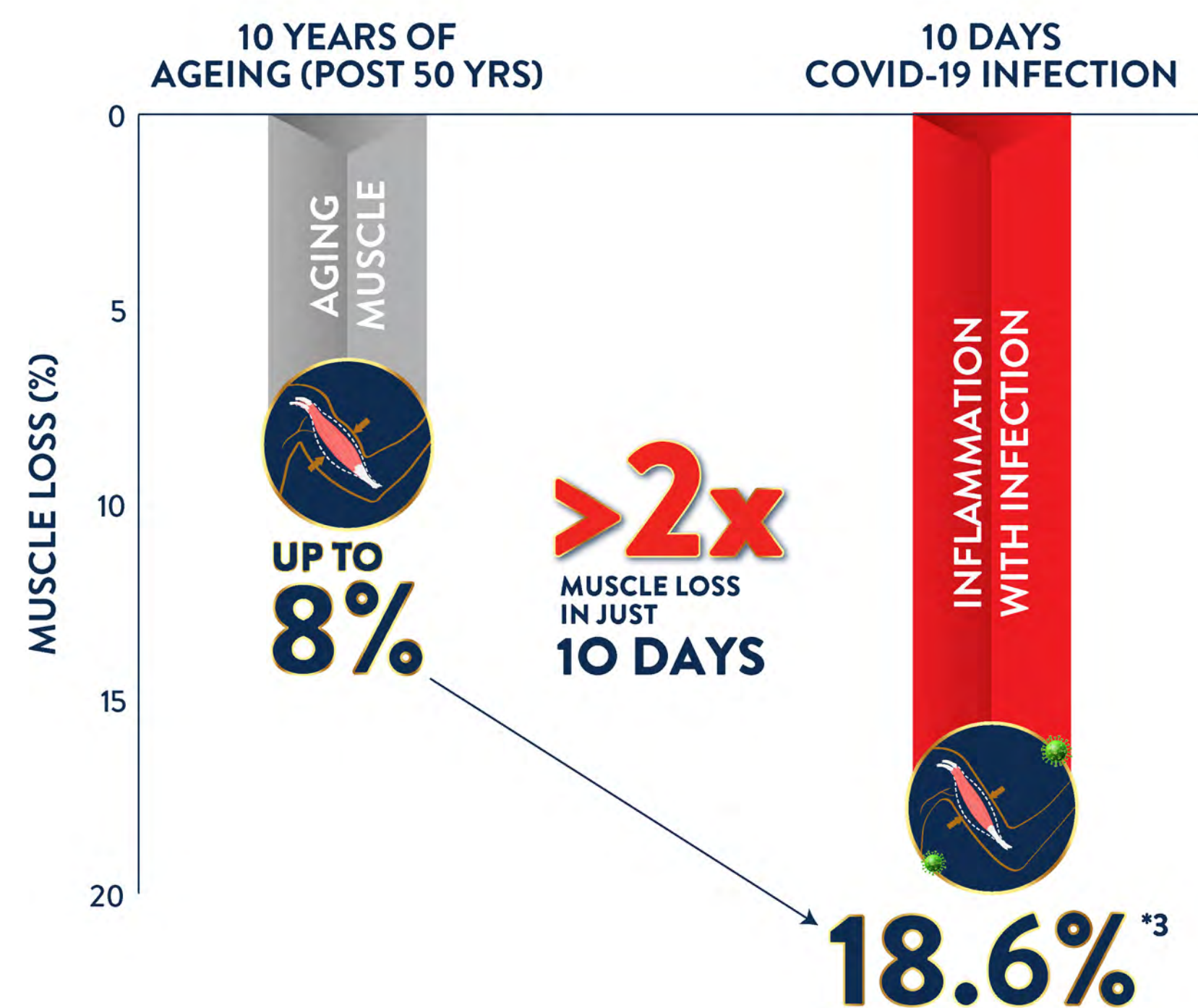
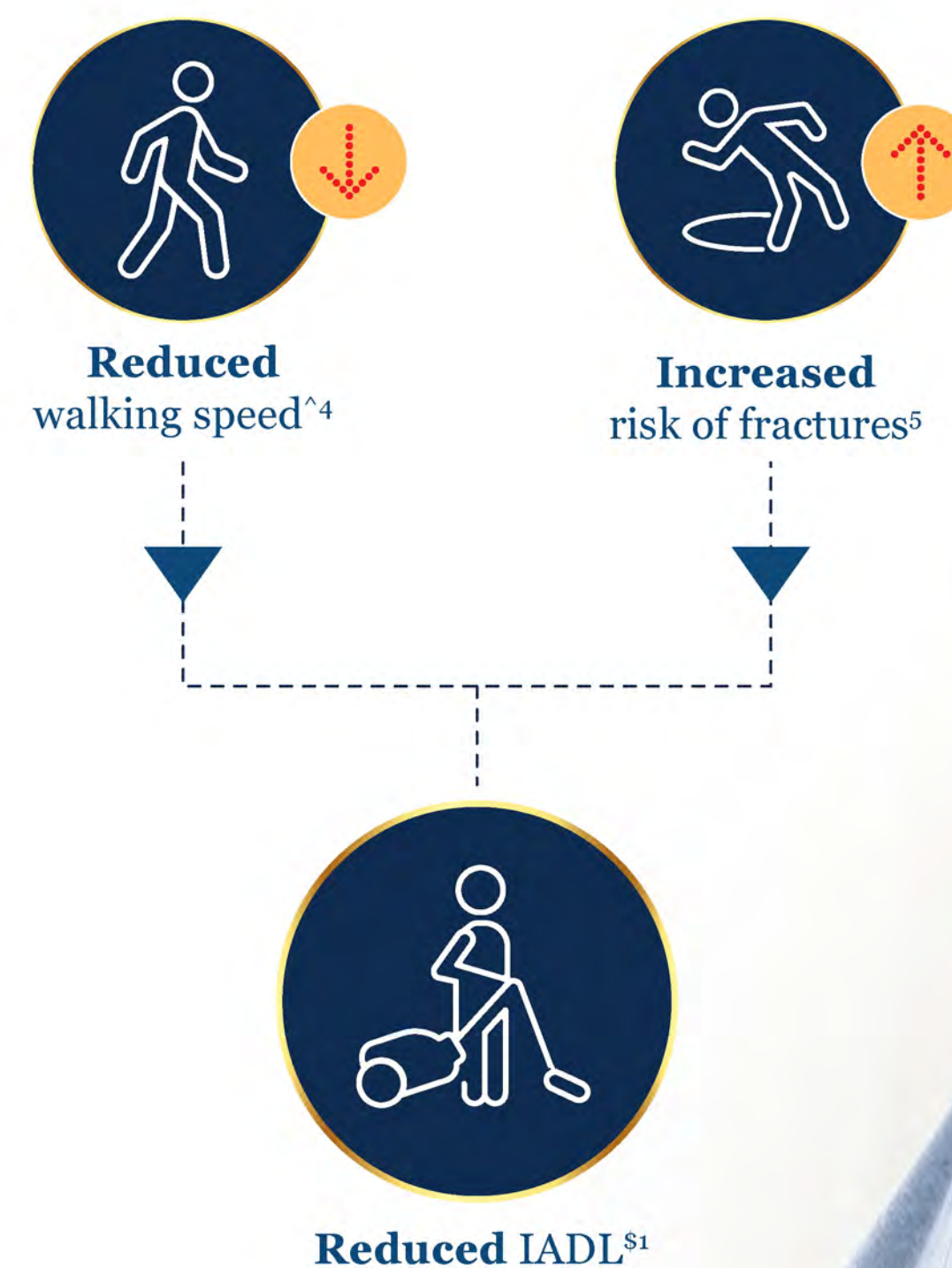


DID YOU KNOW THAT LOW MUSCLE MASS CAN SIGNIFICANTLY IMPACT IADL?¹

MORE THAN 2-DECADE² WORTH OF MUSCLE LOSS IN JUST 10 DAYS³ VS NORMAL AGEING



LOW MUSCLE MASS IS ASSOCIATED WITH:



[^]Distance walked over 6min period of time * Muscle loss measured in critical illness (ICU hospitalization) for COVID-19, as measured by the thickness of the anterior compartment of the quadriceps muscle
References: 1. IADL: Instrumental activities of daily living.1 Yoshimi T,1 Misuzu W,1 Wei S.Association of sarcopenia with functional decline in community-dwelling elderly subjects in Japan.Geriatr Gerontol Int 2013 2. Volpi E, Nazemi R, Fujita S. Muscle tissue changes with aging. Curr Opin Clin Nutr Metab Care. 2004 Jul;7(4):405-10. 3. De Andrade-Junior MC, de Salles ICD, de Brito CMM, et al. Skeletal Muscle Wasting and Function Impairment in Intensive Care Patients With Severe COVID-19. Front Physiol. 2021 Mar 11;12:640973. 4. Kristen M, Daniel P, Denise K.Associations between body composition and gait-speed decline:results from the Health, Aging, and Body Composition study.Am J Clin Nutr 2013;97:552-60. 5. Hida T, Shimokata H et al. Sarcopenia and sarcopenic leg as potential risk factors for acute osteoporotic vertebral fracture among older women. Eur Spine J. 2016 Nov;25(11):3424-3431. doi: 10.1007/s00586-015-3805-5. Epub 2015 Feb 18. PMID: 25690348. PA.2022.29197.ENS1

PROTEIN ALONE MAY NOT BE ENOUGH TO MODULATE THE MUSCLE BREAKDOWN

ENSURE® GOLD™ IS THE
MUSCLE HEALTH
SPECIALIST ENRICHED WITH



PROMOTE⁷⁻⁹
Muscle Health

REDUCE⁶
Inflammation

NORMAL
MUSCLE

PROTECT⁷⁻⁹
Against Muscle
Breakdown

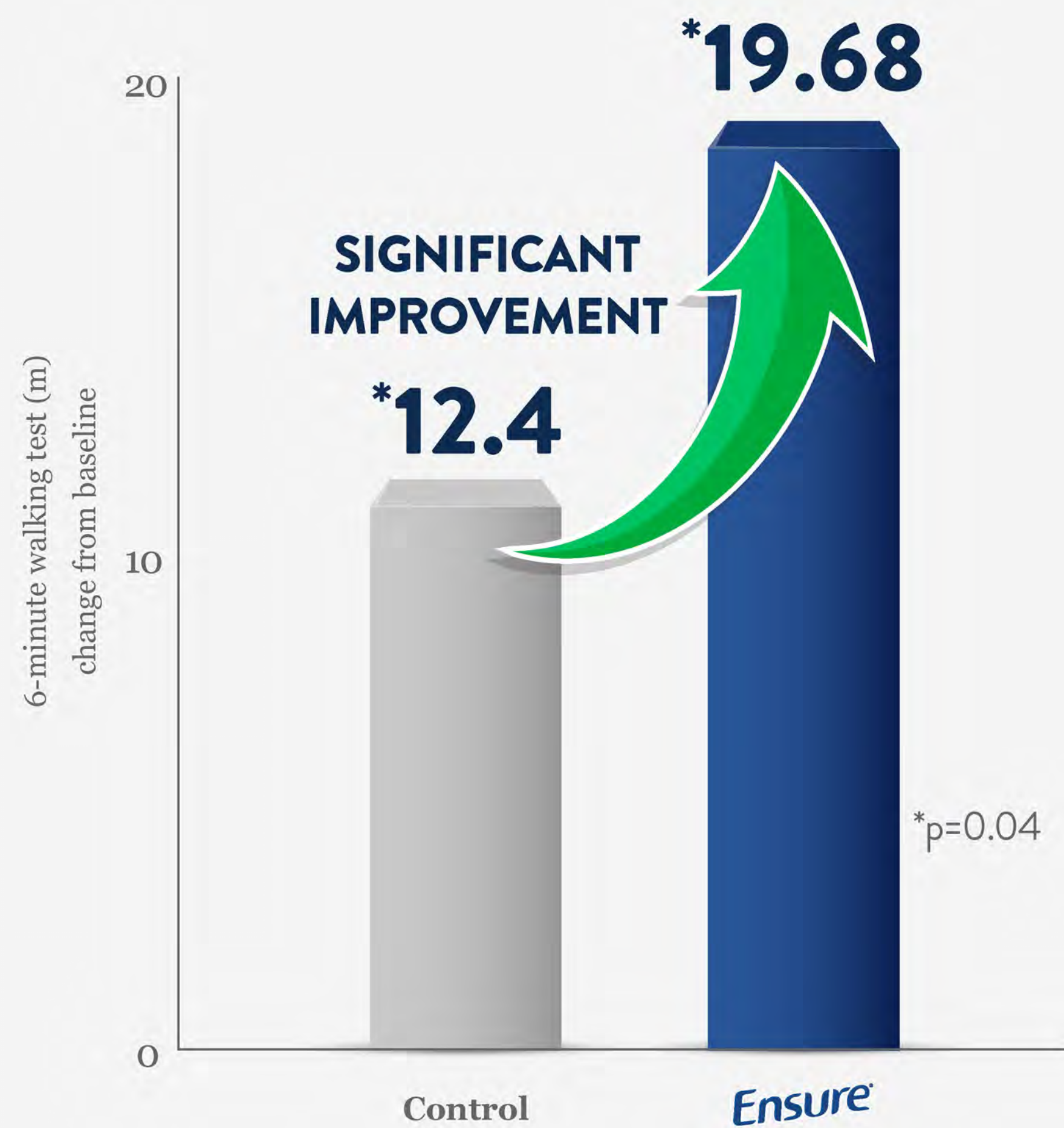
For healthcare professionals only. Not for public display

References: 6. Hsieh LC, Chien SL, Huang MS, et al. Anti-inflammatory and anticatabolic effects of short-term beta-hydroxy-beta-methylbutyrate supplementation on chronic obstructive pulmonary disease patients in intensive care unit. Asia Pacific journal of clinical nutrition. 2006;15(4):544-550. 7. Cruz-Jentoft AJ. Beta-Hydroxy-Beta-Methyl Butyrate (HMB): From Experimental Data to Clinical Evidence in Sarcopenia. Curr Protein Pept Sci. 2018;19(7):668-672. 8. Deutz NE, Pereira SL, Hays NP, et al. Effect of β -hydroxy- β -methylbutyrate (HMB) on lean body mass during 10 days of bed rest in older adults. Clin Nutr. 2013 Oct 1;32(5):704-12. 9. Wilkinson D.J., Hossain.T, Limb M.C. et al. Impact of the calcium form of β -hydroxy- β -methylbutyrate upon human skeletal muscle protein metabolism. Clin Nutr.2018 Dec; 37(6Part A): 2068–2075. PA.2022.29197.ENS1

RECOMMEND ENSURE TO IMPROVE FUNCTIONAL OUTCOME AND REDUCE RISK OF FALLS



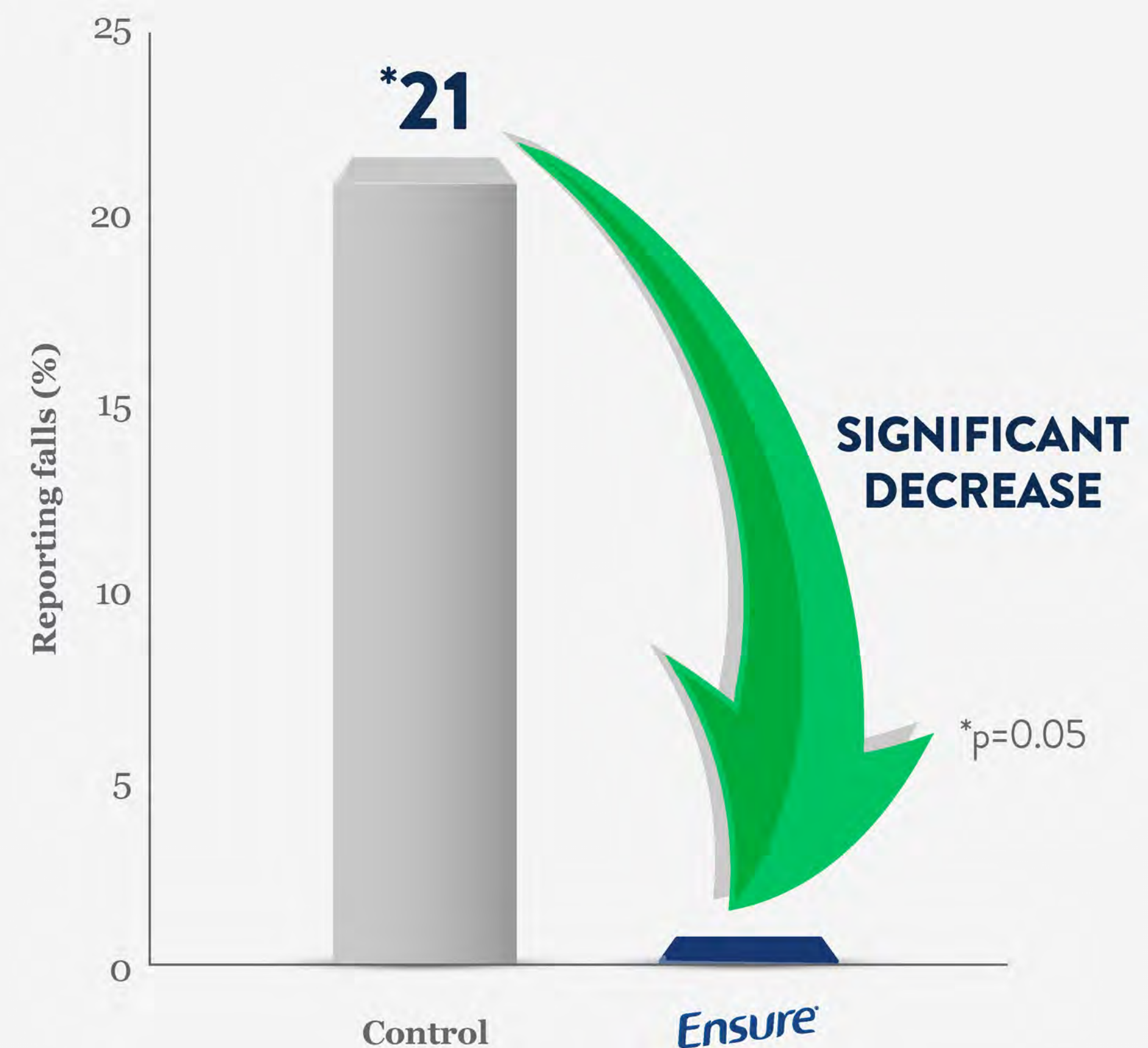
IMPROVED WALKING SPEED AT 8 WEEKS¹⁰



*Data is of statistical significant



FEWER FALLS AFTER 3 MONTHS: FEWER PARTICIPANTS REPORTED FALLS WITH ENSURE[®]



*Data is of statistical significant

For healthcare professionals only. Not for public display

References: 10. Berton L, Bano G, Carraro S, et al. Effect of oral beta-hydroxy-beta-methylbutyrate (HMB) supplementation on physical performance in healthy old women over 65 years: an open label randomized controlled trial. PLoS one. 2015 Nov 3;10(11):e0141757. 11. Gray-Donald K, Payette H, Boutier V. Randomized clinical trial of nutritional supplementation shows little effect on functional status among free-living frail elderly. J. Nutr. 1995 Dec;125(12):2965-71. PA.2022.29197.ENS1

HELP YOUR PATIENTS WITH IMPROVED MUSCLE STRENGTH¹⁰ TO LEAD THEIR LIVES UNINTERRUPTED



**SUPPORTS
STRENGTH**



ACTIVITY

IMMUNITY



IMPROVE
STRENGTH IN **8** WEEKS*



6 SCOOPS

*Measured by leg strength in as early as 8 weeks, when taken twice a day along with light exercise

References: 10. Berton L, Bano G, Carraro S, et al. Effect of oral beta-hydroxy-beta-methylbutyrate (HMB) supplementation on physical performance in healthy old women over 65 years: an open label randomized controlled trial. PloS one. 2015 Nov 3;10(11):e0141757.

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References: 1. Yoshimi T, Misuzu W, Wei S. Association of sarcopenia with functional decline in community-dwelling elderly subjects in Japan. Geriatr Gerontol Int 2013; 23(1):1-6. 2. Volpi E, Nazemi R, Fujita S. Muscle tissue changes with aging. Curr Opin Clin Nutr Metab Care. 2004 Jul;7(4):405-10. 3. De Andrade-Junior MC, de Salles ICD, de Brito CMM, et al. Skeletal Muscle Wasting and Function Impairment in Intensive Care Patients With Severe COVID-19. Front Physiol. 2021 Mar 11;12:640973. 4. Kristen M, Daniel P, Denise K. Associations between body composition and gait-speed decline: results from the Health, Aging, and Body Composition study. Am J Clin Nutr 2013;97:552-60. 5. Hida T, Shimokata H et al. Sarcopenia and sarcopenic leg as potential risk factors for acute osteoporotic vertebral fracture among older women. Eur Spine J. 2016 Nov;25(11):3424-3431. doi: 10.1007/s00586-015-3805-5. Epub 2015 Feb 18. PMID: 25690348. 6. Hsieh LC, Chien SL, Huang MS, et al. Anti-inflammatory and anticatabolic effects of short-term beta-hydroxy-beta-methylbutyrate supplementation on chronic obstructive pulmonary disease patients in intensive care unit. Asia Pacific journal of clinical nutrition. 2006;15(4):544-550. 7. Cruz-Jentoft AJ. Beta-Hydroxy-Beta-Methyl Butyrate (HMB): From Experimental Data to Clinical Evidence in Sarcopenia. Curr Protein Pept Sci. 2018;19(7):668-672. 8. Deutz NE, Pereira SL, Hays NP, et al. Effect of beta-hydroxy-beta-methylbutyrate (HMB) on lean body mass during 10 days of bed rest in older adults. Clin Nutr. 2013 Oct 1;32(5):704-12. 9. Wilkinson D.J., Hossain T, Limb M.C. et al. Impact of the calcium form of beta-hydroxy-beta-methylbutyrate upon human skeletal muscle protein metabolism. Clin Nutr. 2018 Dec; 37(6Part A): 2068-2075. 10. Berton L, Bano G, Carraro S, et al. Effect of oral beta-hydroxy-beta-methylbutyrate (HMB) supplementation on physical performance in healthy old women over 65 years: an open label randomized controlled trial. PloS one. 2015 Nov 3;10(11):e0141757. 11. Gray-Donald K, Payette H, Boutier V. Randomized clinical trial of nutritional supplementation shows little effect on functional status among free-living frail elderly. J. Nutr. 1995 Dec;125(12):2965-71. PA.2022.29197.ENS1