

BOOST®
ORAL NUTRITIONAL
SUPPLEMENTS
HELPING ADULT
PATIENTS MEET THEIR
NUTRITIONAL NEEDS

MALNUTRITION & DIABETES



INTRODUCTION

- **Malnutrition affects up to 50% of hospitalized older adults.¹**
- **Intervention with oral nutritional supplements (ONS), such as BOOST[®] drinks, along with regular food intake, has been shown to improve clinical and health economic outcomes:²⁻⁵**

**21%
reduction**
in LOS⁴

**21.6%
decrease**
in inpatient
episode cost⁴

**26%
reduction**
in 30-day
readmission
rates⁵

Did you know...?

The use of ONS is recommended by both the World Health Organization and the European Society for Clinical Nutrition and Metabolism.^{6,7}

NESTLÉ HEALTH SCIENCE

Nestlé Health Science is a leader in the field of nutritional science, committed to empowering healthier lives through nutrition and redefining the management of health. We offer an extensive portfolio of science-based consumer health, medical nutrition, and supplement brands.

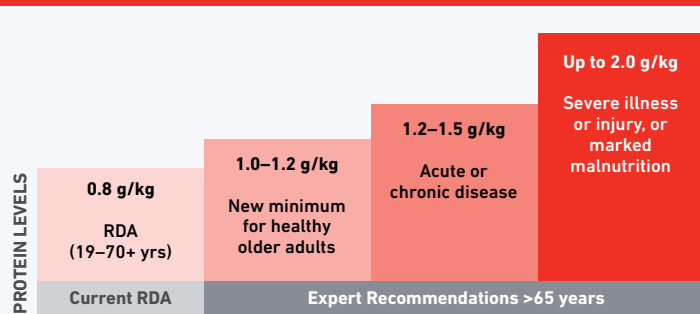
Initiate nutrition care for your (at-risk) malnourished patients with BOOST® Nutritional Drinks

Nestlé Health Science provides a comprehensive ONS portfolio to help meet a wide variety of nutritional needs, including for patients with malnutrition.

	HIGH CALORIE/ HIGH PROTEIN	HIGH CALORIE	HIGH PROTEIN	HIGH PROTEIN/ DIABETES NUTRITION	DIABETES NUTRITION	CLEAR LIQUID NUTRITION		EVERYDAY NUTRITION
	BOOST® VERY HIGH CALORIE	BOOST PLUS®	BOOST® HIGH PROTEIN	BOOST GLUCOSE CONTROL® MAX 30g PROTEIN*	BOOST GLUCOSE CONTROL®	BOOST® SOOTHE	BOOST BREEZE®	BOOST® ORIGINAL
								
	530 Calories	360 Calories	240 Calories	160 Calories	190 Calories	300 Calories	250 Calories	240 Calories
	22g Protein	14g Protein	20g Protein	30g Protein	16g Protein	10g Protein	9g Protein	10g Protein
	26 Vitamins & Minerals	26 Vitamins & Minerals	27 Vitamins & Minerals	25 Vitamins & Minerals	25 Vitamins & Minerals	0 Vitamins & Minerals	19 Vitamins & Minerals	27 Vitamins & Minerals
GLUTEN FREE	✓	✓	✓	✓	✓	✓	✓	✓
NO ARTIFICIAL COLORS	✓	✓	✓	✓	✓	✓	✓	✓
NO ARTIFICIAL SWEETENERS	✓	✓	✓			✓	✓	✓




High Protein BOOST® Nutritional Drinks help deliver the protein patients need

Experts recommend higher protein intake (beyond the RDA) in older adults (>65 yrs) to maintain muscle and functionality^{1,2}



- Older adults often eat poorly consuming **less than 50% of both protein and energy requirements** from hospital meals³
- 96% of older hospitalized patients with [or at-risk of] malnutrition **do not meet the recommended protein intake of ≥ 1.2 g protein/kg/day³**

High Protein BOOST® drinks contain 20-30g high-quality protein with a range of calories to help meet individual nutritional needs.

HIGH PROTEIN/ HIGH CALORIE	HIGH PROTEIN/ MODERATE CALORIE	HIGH PROTEIN/ FEWER CALORIES
BOOST® VERY HIGH CALORIE 	BOOST® HIGH PROTEIN 	BOOST GLUCOSE CONTROL® MAX 30g PROTEIN 
22g PROTEIN	20g PROTEIN	30g PROTEIN
530 Calories	240 Calories	160 Calories
2.24 kcal/mL	1.0 kcal/mL	0.5 kcal/mL



MALNUTRITION & DIABETES

Learn about Clinical and Economic Impacts of Malnutrition



Learn about Acute and Long-Term Impacts of Hyperglycemia



View Sample Patient Profile



A multicenter study found that 21% of older adults with diabetes had malnutrition at hospital admission, with another 39% at risk of malnutrition¹

Did you know...?

89% of people with diabetes in the US are overweight or obese, which may interfere with proper recognition and diagnosis of malnutrition.¹⁻³

1 in 5

hospitalizations involves a patient with diabetes⁴

1 in 3

non-ICU patients in community hospitals experience hyperglycemia⁴

1 in 4

adults age 65 years and older have diabetes²

Malnutrition is associated with worse clinical and health economic outcomes in patients with diabetes¹⁻⁴

Learn more about how nutrition affects immune health



Managing blood sugar is important for both acute and long-term outcomes

ACUTE

Patients with abnormal blood sugar levels have longer, more costly hospital stays vs. those with glucose levels in a target range¹

**48%
increase
in LOS¹**

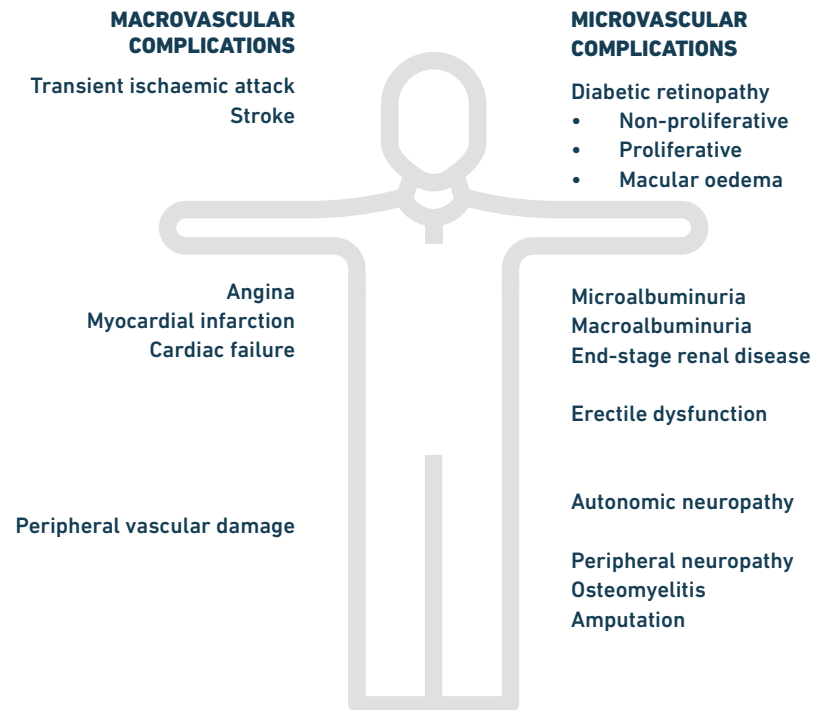
Significantly longer LOS
(8.5 d vs. 5.74 days)

**18%
higher
costs¹**

**Significantly higher
variable costs**
(\$16,382 vs. \$13,896)

LONG TERM

Hyperglycemia increases risk for complications, including cardiovascular disease, and damage to eyes, nerves, kidneys, and feet



Adapted from: Chawla D, Tripathi AK. Integr Food Nutr Metab. 2019;6:1-6.

BOOST Glucose Control® Drink is clinically shown to produce a lower blood sugar response vs. a standard nutritional drink in people with type 2 diabetes¹

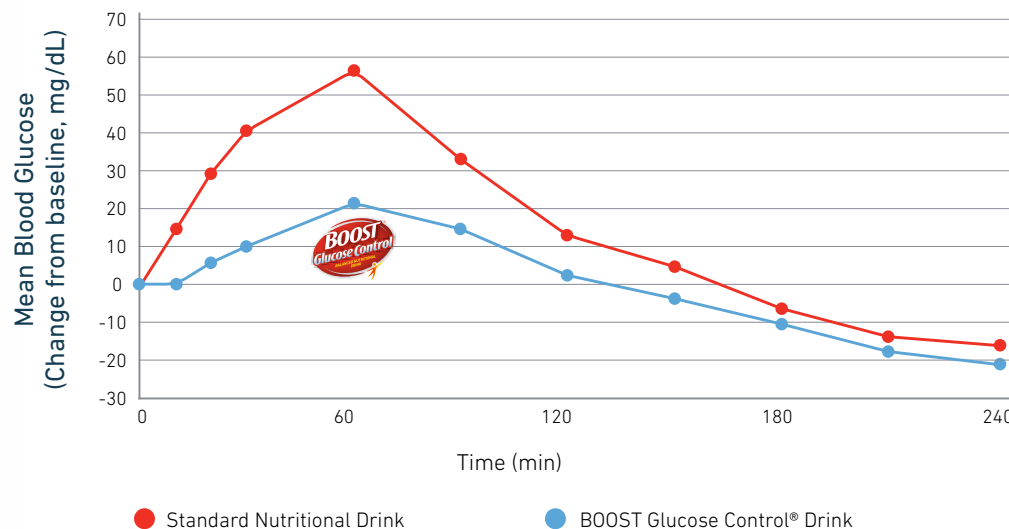
DECREASED

Peak Blood Glucose Concentrations by 20% ($p < 0.01$)

Glucose Area Under the Curve ($AUC_{0-240 \text{ min}}$), $p < 0.01$



Postprandial Blood Glucose Response



BOOST Glucose Control® Drink is intended for use under medical supervision as part of a diabetes management plan. Not a substitute for medication.

PATIENT WITH TYPE 2 DIABETES HOSPITALIZED WITH PNEUMONIA

Dave, 76-year-old Male

Diagnosis: Type 2 diabetes, hypertension

Medications: Metformin, lisinopril, atorvastatin

Height: 5'10" / Weight: 91 kg / 200 lbs / BMI: 28.7

Clinical observations:

- Loss of muscle mass
- Reduced muscle function (low grip strength)
- Shortness of breath

Blood glucose measurements: HbA1c of 7%, Time-in-Range: 53%

Energy Needs: 25–30 kcal/kg BW (2200–2700 kcal/d)

Protein Needs: 1.2–1.5 g/kg BW (109–136g protein/d)

Diet history: Frequently skips breakfast, consumes 3–4 snacks per day



2 cartons
PER DAY provides
380 KCAL with
32g
PROTEIN

BOOST GLUCOSE CONTROL® DRINK DESIGNED FOR YOUR PATIENTS WITH DIABETES.

Provision of ONS to malnourished older adults during and after hospitalization for pneumonia, CHF, acute myocardial infarction, or COPD improved nutrition status, body weight, and 90-d mortality³

BOOST Glucose Control® Balanced Nutritional Drink is clinically shown to produce a lower blood sugar response vs. a standard nutritional drink in people with type 2 diabetes*⁴

Did you know...?

Malnutrition has been reported in up to 50% of patients hospitalized with community acquired pneumonia.¹ Patients with type 2 diabetes are at increased risk for pneumonia, and higher blood sugar levels are associated with poorer outcomes.²

PATIENT WITH TYPE 2 DIABETES HOSPITALIZED WITH FOOT ULCER INFECTION

Juan, 66-year-old Male

Diagnosis: Type 2 diabetes, peripheral artery disease

Medications: Glipizide, Metformin, Cilostazol

Height: 5'8" / Weight: 93 kg / 205 lbs / BMI: 31.2

Clinical observations:

- Low muscle mass
- Reduced grip strength
- Obesity
- Grade 1 foot ulcer
- Normal appetite

Energy Needs: 25–30 kcal/kg BW (2300–2800 kcal/d)

Protein Needs: 1.2–1.5 g/kg BW (112–140g protein/d)



2 bottles
PER DAY provides
320 KCAL with
60g PROTEIN

BOOST GLUCOSE CONTROL® MAX 30g PROTEIN DRINK DESIGNED FOR YOUR PATIENTS WITH DIABETES.

Provision of diabetes-specific ONS along with nutrition education has been shown to improve nutritional intake and wound healing in patients with DFU³

BOOST Glucose Control® MAX 30g Protein Drink provides 30g high-quality protein, and is clinically shown to produce a lower blood sugar response vs. a standard nutritional drink in people with type 2 diabetes*⁴

Did you know...?

At least 15-25% of individuals with diabetes will develop a diabetic foot ulcer (DFU) over their lifetime.¹ More than half of DFU become infected, which significantly increases the risk of hospital admission.¹ Patients with DFU are at high risk of malnutrition and often have inadequate intake of protein and micronutrients.²



BOOST[®] PORTFOLIO

ORAL NUTRITIONAL SUPPLEMENTS

[View BOOST[®] Portfolio by Segment ▶](#)

[Nutrition and Immune Health ▶](#)

[BOOST[®] Be Well[™] Program ▶](#)



Nestlé Health Science provides a comprehensive portfolio of BOOST® ONS to meet a wide variety of needs

Whether your patient needs more calories, extra protein, nutrition suitable for people with diabetes, clear liquid nutrition or general supplemental nutrition, there's a BOOST® nutritional product to help meet their needs.

High Calorie



High Protein



Diabetes Nutrition



Clear Liquid



General Supplemental Nutrition



Nestlé Health Science BOOST® ONS Portfolio: High Calorie

High Calorie



	BOOST® VERY HIGH CALORIE	BOOST PLUS® (INSTITUTIONAL & RETAIL)
Volume	237 mL	237 mL
Caloric Density	2.24 kcal/mL	1.5 kcal/mL
Calories	530	360
Protein (g)	22	14
Carbs (g)	52	45
Sugars (g)	13	24
Fat (g)	26	14

NUTRITIONAL APPLICATIONS	BOOST® VERY HIGH CALORIE	BOOST PLUS®
Increased energy needs	✓	✓
Weight gain or maintenance	✓	✓
Fluid restriction	✓	✓
Volume intolerance	✓	✓
Malnutrition	✓	✓
SUITABLE FOR THESE DIETS		
Lactose Intolerance (not for individuals with galactosemia)	✓	✓
Gluten free	✓	✓
Kosher	✓	✓

Nestlé Health Science BOOST® ONS Portfolio: High Protein

High Protein



	BOOST® VERY HIGH CALORIE	BOOST® HIGH PROTEIN (INSTITUTIONAL & RETAIL)	BOOST GLUCOSE CONTROL® MAX 30g PROTEIN
Volume	237 mL	237 mL	325 mL
Caloric Density	2.24 kcal/mL	1.0 kcal/mL	0.5 kcal/mL
Calories	530	240	160
Protein (g)	22	20	30
Carbs (g)	52	28	4-6
Sugars (g)	13	15	1
Fat (g)	26	6	2-3

NUTRITIONAL APPLICATIONS	BOOST® VERY HIGH CALORIE	BOOST® HIGH PROTEIN (INSTITUTIONAL & RETAIL)	BOOST GLUCOSE CONTROL® MAX 30g PROTEIN
General oral supplement needs	✓	✓	✓
General protein needs	✓	✓	✓
Increased protein requirements	✓	✓	✓
Reduced appetite	✓	✓	✓
Malnutrition	✓	✓	
SUITABLE FOR THESE DIETS			
Lactose Intolerance (not for individuals with galactosemia)	✓	✓	
Gluten free	✓	✓	✓
Kosher	✓	✓	✓
Low fat			✓
Carbohydrate restricted			✓

Nestlé Health Science BOOST® ONS Portfolio: Diabetes Nutrition

Diabetes Nutrition



	BOOST® GLUCOSE CONTROL® (INSTITUTIONAL & RETAIL)	BOOST GLUCOSE CONTROL® MAX 30g PROTEIN
Volume	237 mL	325 mL
Caloric Density	0.8 kcal/mL	0.5 kcal/mL
Calories	190	160
Protein (g)	16	30
Carbs (g)	16	4-5
Sugars (g)	4	1
Fat (g)	7	2-3

BOOST Glucose Control® Drinks are clinically shown to produce a lower blood sugar response vs. a standard nutritional drink in people with type 2 diabetes^{1,2}*

NUTRITIONAL APPLICATIONS	BOOST GLUCOSE CONTROL® (INSTITUTIONAL & RETAIL)	BOOST GLUCOSE CONTROL® MAX 30g PROTEIN
General oral supplement needs	✓	✓
General protein needs	✓	✓
Increased protein requirements	✓	✓
Malnutrition	✓	
SUITABLE FOR THESE DIETS		
Lactose Intolerance (not for individuals with galactosemia)	✓	
Gluten free	✓	✓
Kosher	✓	✓
Halal	✓	
Low Fat		✓
Carbohydrate restricted	✓	✓

Nestlé Health Science BOOST® ONS Portfolio: Clear Liquid



Clear Liquid

	BOOST BREEZE®	BOOST® SOOTHE
Volume	237 mL	237 mL
Caloric Density	1.06 kcal/mL	1.3 kcal/mL
Calories	250	300
Protein (g)	9	10
Carbs (g)	54	65
Sugars (g)	34	15
Fat (g)	0	0
# Vitamin & Minerals (≥ 10% Daily Value)	19	0

NUTRITIONAL APPLICATIONS	BOOST BREEZE®	BOOST® SOOTHE
Clear liquid diet	✓	✓
Fat malabsorption	✓	✓
Malnutrition	✓	✓
Nutrition support for patients experiencing certain side effects of cancer treatment, such as taste alterations and oral discomfort		✓
SUITABLE FOR THESE DIETS		
Lactose Intolerance (not for individuals with galactosemia)	✓	✓
Gluten free	✓	✓
Kosher	✓	✓
Halal	✓	

Nestlé Health Science BOOST® ONS Portfolio: General Supplemental Nutrition

General Supplemental Nutrition



	BOOST® ORIGINAL DRINK (INSTITUTIONAL & RETAIL)	BOOST® NUTRITIONAL PUDDING
Volume	237 mL	5 oz
Caloric Density	1.0 kcal/mL	1.6 kcal/mL
Calories	240	230
Protein (g)	10	7
Carbs (g)	41	32
Sugars (g)	20	14
Fat (g)	4	8

NUTRITIONAL APPLICATIONS	BOOST® ORIGINAL	BOOST® PUDDING
Inadequate oral intake	✓	✓
General oral supplements needs	✓	✓
Reduced appetite	✓	✓
Malnutrition	✓	✓
Fluid restriction		✓
SUITABLE FOR THESE DIETS		
Lactose Intolerance (not for individuals with galactosemia)	✓	✓
Gluten free	✓	✓
Kosher	✓	✓

Nutrition + Immune Health

Malnutrition contributes to poor health and disease outcomes, weakening the body's immune system and thereby increasing susceptibility to infection and illness. Proper nutrition, including protein, vitamins and minerals, is essential to support the normal functioning of the immune system.^{1,2}



AGING

is associated with a decline in the body's immune response, which can increase the risk of infection and severity of disease.^{3,4}



NUTRIENT INADEQUACIES

are found in the diets of many older adults. Almost half fall short of meeting nutritional requirements for protein, and many don't get enough vitamins and minerals. Nutrient inadequacies can impair immune function and weaken the immune system.^{2,4-7}



BOOST® DRINKS

provide high-quality protein, vitamins C & D, zinc, iron and selenium, key nutrients for immune support and normal immune function.



BOOST® Be Well™ Program

Designed for patients after hospitalization, BOOST® Be Well™ is a subscription, nutrition support and education program that delivers BOOST® Nutritional Drinks straight to your patient's door during their recovery.



HOW IT WORKS

1

Patient/Caregiver creates an account and answers a few questions about their recovery journey.

2

A tailored nutritional offering is suggested based on the patient's needs.

3

Patient/Caregiver selects BOOST® purchases of choice and confirms free delivery preferences.

To learn more, visit: www.BOOSTBeWell.com/start



FOR ADDITIONAL TOOLS & RESOURCES

For more information, visit:

NestleMedicalHub.com

NestleMedicalHub.com/Malnutrition

NestleMedicalHub.com/Diabetes

NestleMedicalHub.com/Oncology

For samples, visit:

NestleMedicalHub.com/Samples



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