

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

MALNUTRITION IN ACUTE CARE



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.

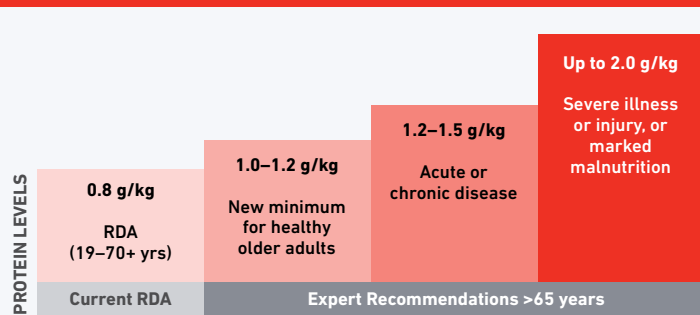
Initiate nutrition care for your (at-risk) malnourished patients with BOOST® Nutritional Drinks

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	250 Calories	160 Calories	190 Calories	300 Calories	250 Calories	240 Calories
	22 g Protein	14 g Protein	20 g Protein	30 g Protein	16 g Protein	10 g Protein	9 g 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 20-30 g 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 
22 g PROTEIN	20 g PROTEIN	30 g PROTEIN
530 Calories	250 Calories	160 Calories
2.24 kcal/mL	1.05 kcal/mL	0.5 kcal/mL



MALNUTRITION

IN ACUTE CARE

Learn about the impact of malnutrition ▶

Learn about steps to improve malnutrition care ▶

View sample patient profiles ▶



Malnutrition is common among older adults, and results in poorer outcomes and increased healthcare costs

**\$51.3
Billion**

Estimated annual cost of disease-associated malnutrition in older adults in the US.¹

In one study, COPD, CHD and dementia made up a large share of this cost.¹



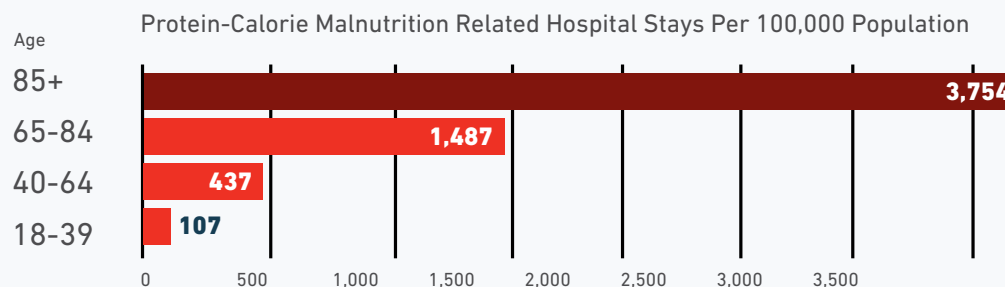
Protein-calorie malnutrition related hospital stays are

2X LONGER²

Did you know...?

Up to 1 out of 2 older adults are at risk for malnutrition.³

Rate of malnutrition is highest in older adults²



As aging coincides with various physical, mental, and lifestyle developments that affect food intake, the prevalence of malnutrition in older adults is increased.³

Impact of malnutrition

Malnutrition can take its toll on older adults. In fact, it has been known to lead to more complications, falls, 30-day readmissions, and even death.^{1, 2}



MALNUTRITION

leads to more complications, including increased mortality, falls, immune suppression, muscle wasting, longer length of hospital stay and higher healthcare costs.^{1,2}



PROTEIN-CALORIE MALNUTRITION RELATED HOSPITAL STAYS ARE:

2X longer.³

3X more likely
to result in
death.³



CHRONIC DISEASES

are more common in older adults and are associated with higher malnutrition risk, especially those with complex needs. Patients with COPD, CHD, and dementia are especially vulnerable to malnutrition-related conditions.^{2,4}

Learn more about how nutrition affects immune health ►

Steps to help improve older adult malnutrition care

With so many patients missing the proper diagnosis, many often go without receiving adequate nutrition intervention.



SCREEN
all patients



ASSESS
nutritional status



DIAGNOSE
malnutrition



INTERVENE
with appropriate nutrition

Adapted from Defeat Malnutrition Today.
Older Adult Malnutrition Infographic, 2019.
Available at:
www.defeatmalnutrition.today/resources.
Used with permission.

Malnutrition was only
diagnosed in **8%** of
hospital visits¹,

despite it affecting
25-54%
of hospital patients.²

ADDRESSING MALNUTRITION IN HEALTHCARE HELPS:³⁻⁵

- ✓ Improve patient outcomes
- ✓ Reduce hospital readmissions
- ✓ Reduce length of stay
- ✓ Decrease healthcare costs
- ✓ Improve quality of healthcare

Use of ONS to improve outcomes is recommended by international health organizations

**WORLD
HEALTH
ORGANIZATION**



Oral supplemental nutrition with dietary advice should be recommended to older people affected by undernutrition

(Strength of Recommendation — Strong)

POPULATION	ONS CAN IMPROVE DIETARY INTAKE AND...
Hospitalized older persons with [or at risk of] malnutrition	Lower the risk of complications and readmissions <i>Grade A, Strong Consensus (100%)</i>
After discharge from the hospital, older persons with [or at risk of] malnutrition	Lower the risk of functional decline <i>Grade A, Strong Consensus (100%)</i>
Older patients risk of pressure injuries or malnourished older patients with pressure injuries	Prevent the development of pressure injuries and improve healing <i>Grade B, Strong Consensus (100%)</i>
Older patients with hip fracture, post-operatively	Reduce the risk of complications <i>Grade A, Strong Consensus (100%)</i>

ESPEN

*The European Society for
Clinical Nutrition and Metabolism*



**ONS guidance for older adults
with (or at risk of) malnutrition
is to provide:²**

**≥400
kcal
PER DAY**

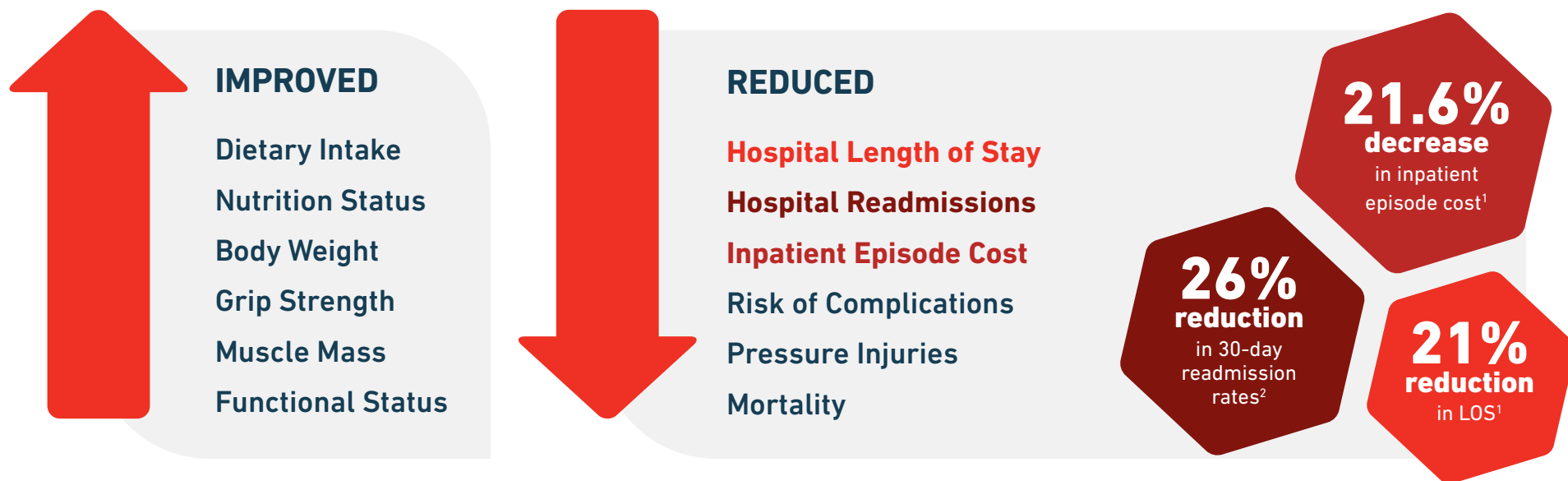
Including
**≥30g
protein
PER DAY**

(typically 2 servings)

Nutrition intervention with ONS improves clinical and health economic outcomes in hospitalized older adults with (or at risk of) malnutrition

ONS, along with regular food intake, improves clinical and health economic outcomes in hospitalized older adults with (or at risk of) malnutrition.¹⁻¹¹

[Learn more about Oral Nutritional Supplements ►](#)



OLDER PATIENT HOSPITALIZED DURING RECOVERY FROM HIP FRACTURE

Julie, 77-year-old, Caucasian Female

Diagnosis: Hip Fracture

Status: Recovery from post surgical repair of hip fracture

Medications: Atorvastatin (Lipitor), Ibandronate Sodium (Boniva)

Height: 5'5" / Weight: 68 kg/150 lbs / BMI: 25

Clinical observations:

- Healing surgical wound
- Muscle protein wasting
- Poor nutrition; diminished appetite

Protein Needs: 1.2–1.5 g/kg BW (82–102 g/protein/d)

Energy Needs: 25–30 kcal/kg BW (1700–2040 kcal/d)

Other Nutrition: Compliant with post-operative consumption of IMPACT® AR for 5 days.



2 servings
PER DAY provides
500 KCAL with
40 g
PROTEIN

BOOST® HIGH PROTEIN DRINK DESIGNED FOR YOUR PATIENTS WITH HIGHER PROTEIN NEEDS.

Expert groups recommend older patients with hip fracture shall be offered ONS postoperatively in order to improve dietary intake and reduce the risk of complications^{3,4}

The provision of ONS along with regular food intake has been shown to increase protein and energy intake, decrease length of stay, and improve clinical outcomes in older patients with hip fracture^{4,5}.

Did you know...?

[At risk of] malnutrition is very prevalent in older people with hip fracture, and is associated with **higher incidence of complications, longer length of stay and increased mortality.**^{1,2}

PATIENT WITH COPD HOSPITALIZED WITH ACUTE EXACERBATIONS

Peter, 69-year-old, African American Male

Diagnosis: COPD

Medications: Levalbuterol (Xopenex); Budesonide (Pulmicort);
Atorvastatin (Lipitor)

Height: 6'1" / Weight: 68.2 kg/150 lbs / BMI: 19.8

Clinical observations:

- Unintended Weight Loss
- Systemic Inflammation
- Muscle wasting
- Poor nutrition; poor appetite
- Reduced physical function; Inactivity

Energy Needs: 30–45 kcal/kg BW (2046–3069 kcal/d)

Protein Needs: 1.2–1.5 g/kg BW (82–102 g/protein/d)

Other Nutrition: Low serum 25-hydroxyvitamin D (25[OH]D) levels



2 servings
PER DAY provides
1060 KCAL
(2.24 kcal/mL)
with **44g**
PROTEIN

BOOST® VERY HIGH CALORIE DRINK DESIGNED FOR YOUR PATIENTS WITH INCREASED CALORIE AND PROTEIN NEEDS.

Use of ONS amongst Medicare patients hospitalized with COPD is associated with reduced LOS, hospitalization cost, and risk of 30-day readmissions⁴

High protein, high energy ONS (≥ 2 kcal/mL) or low volume, high energy ONS may aid compliance, and be easier for COPD patients with early satiety or breathlessness³

Did you know...?

COPD patients have the highest prevalence of malnutrition than any other disease in the US, with increased mortality, longer LOS, more frequent readmissions, reduced muscle strength and respiratory muscle function.¹⁻³



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 (RETAIL)	BOOST® HIGH PROTEIN (INSTITUTIONAL)	BOOST GLUCOSE CONTROL® MAX 30g PROTEIN
Volume	237 mL	237 mL	237 mL	325 mL
Caloric Density	2.24 kcal/mL	1.05 kcal/mL	1.0 kcal/mL	0.5 kcal/mL
Calories	530	250	240	160
Protein (g)	22	20	20	30
Carbs (g)	52	28	28	4-6
Sugars (g)	13	11	15	1
Fat (g)	26	6	6	2-3

NUTRITIONAL APPLICATIONS	BOOST® VERY HIGH CALORIE	BOOST® HIGH PROTEIN	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®	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 (RETAIL)	BOOST® ORIGINAL DRINK (INSTITUTIONAL)	BOOST® NUTRITIONAL PUDDING
Volume	237 mL	237 mL	5 oz
Caloric Density	1.0 kcal/mL	1.0 kcal/mL	1.6 kcal/mL
Calories	240	240	230
Protein (g)	10	10	7
Carbs (g)	37	41	32
Sugars (g)	15	20	14
Fat (g)	6	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



Download the
[NHSc Product Guide](#)
& [Nestlé Medical Hub app](#) today!