



















At-a-Glance NUTRITIONAL CHART

HIGH CALORIE		HIGH PROTEIN				DIABETES NUTRITION	
BOOST® VERY HIGH CALORIE 530 Calories 22 g Protein 26 Vitamins & Minerals 		BOOST® HIGH PROTEIN 250 Calories 20 g Protein 27 Vitamins & Minerals 	BOOST MAX™ MEN† 160 Calories 30 g Protein 1 g Sugars 	BOOST MAX™ WOMEN† 160 Calories 30 g Protein 1 g Sugars 	BOOST GLUCOSE CONTROL® MAX 30g PROTEIN† 160 Calories 30 g Protein 4 g Carbs 1 g Sugars 	BOOST GLUCOSE CONTROL® 190 Calories 16 g Protein 16 g Carbs 4 g Sugars 	
Helps Gain or Maintain Weight		Helps Maintain Muscle with 20 g Protein	Tailored Nutrition for Men with 30 g Protein	Tailored Nutrition for Women with 30 g Protein	Helps Manage Blood Sugar Levels* As Part of a Balanced Diet		
Provides 530 nutrient-rich calories (2.24 kcal/mL) with 22 g protein to help GAIN or MAINTAIN WEIGHT.		Provides 20 g protein for MUSCLE HEALTH and 250 nutrient-rich calories with B-vitamins to help convert food to ENERGY.	Contains thiamin, magnesium & potassium to help support HEART HEALTH, 30 g protein for MUSCLE RECOVERY after exercise, and B-vitamins to support ENERGY METABOLISM.	Contains thiamin, magnesium & potassium to help support HEART HEALTH, calcium, vitamin D & protein for BONE HEALTH, and iodine & selenium to help support normal THYROID FUNCTION.	*Clinically shown to produce a LOWER BLOOD SUGAR RESPONSE vs. a standard nutritional drink in people with type 2 diabetes. Not a substitute for medication. Use as part of a medically supervised diabetes management plan.		
HIGH CALORIE		EVERYDAY NUTRITION				CLEAR LIQUID NUTRITION	
BOOST PLUS® 360 Calories 14 g Protein 26 Vitamins & Minerals 		BOOST® ORIGINAL 240 Calories 10 g Protein 27 Vitamins & Minerals 	BOOST® MEN 220 Calories 18 g Protein 24 Vitamins & Minerals 	BOOST® WOMEN 180 Calories 15 g Protein 24 Vitamins & Minerals 	BOOST® SOOTHE 300 Calories 10 g Protein 0 Vitamins & Minerals 	BOOST BREEZE® 250 Calories 9 g Protein 19 Vitamins & Minerals 	
Helps Gain or Maintain Weight		Helps Fill Nutritional Gaps	Tailored Nutrition for Men	Tailored Nutrition for Women	Clear Liquid Nutrition with a Cooling Effect	Fortified Clear Liquid Nutrition	
Provides 360 nutrient-rich calories (1.5 kcal/mL) with 14 g protein to help GAIN or MAINTAIN WEIGHT.		Designed to provide NUTRITIONAL ENERGY with 240 nutrient-rich calories and B-vitamins to help convert food to energy.	Contains thiamin, magnesium & potassium to help support HEART HEALTH, vitamins B6 & B12 that play a role in ENERGY METABOLISM, and 18 g protein to support MUSCLE MASS.	Provides iodine & selenium to help support normal THYROID FUNCTION, calcium & vitamin D to support STRONG BONES, and biotin & zinc to support SKIN & HAIR HEALTH.	Clear, mild-flavored nutritional drink designed to provide a COOLING EFFECT with 300 calories & 10 g protein to help GAIN or MAINTAIN WEIGHT.	Provides fruit-flavored, CLEAR LIQUID nutrition that is gluten-free, fat-free, kosher and halal.	

†Use this product as a food supplement only. Do not use for weight reduction.

BOOST® NUTRITION SOLUTIONS TO HELP MEET YOUR NUTRITIONAL NEEDS

NUTRITIONAL
INFORMATION PER
SINGLE SERVING OF
FEATURED FLAVOR

													
		BOOST® VERY HIGH CALORIE	BOOST PLUS®	BOOST® SOOTHE	BOOST BREEZE®	BOOST® HIGH PROTEIN	BOOST® ORIGINAL	BOOST® MEN	BOOST GLUCOSE CONTROL®	BOOST® WOMEN	BOOST MAX™ WOMEN†	BOOST MAX™ MEN†	BOOST GLUCOSE CONTROL® MAX 30g PROTEIN†
Calories	kcal	530	360	300	250	250	240	220	190	180	160	160	160
Protein	g	22	14	10	9	20	10	18	16	15	30	30	30
Total Carbohydrate	g	52	45	65	54	28	37	24	16	14	4	4	4
Dietary Fiber	g	0	1	0	0	0	0	0	3	2	0	0	0
Total Sugars	g	13	22	15	34	11	15	12	4	4	1	1	1
Total Fat	g	26	14	0	0	6	6	6	7	7	3	3	3
Sodium	mg	280	200	0	70	220	150	220	210	210	310	300	300
Potassium	mg	420	360	0	0	470	470	480	250	50	480	480	450
Total Vitamins & Minerals	#	26	26	0	19	27	27	24	25	24	26	26	25
Serving Size		8 fl oz	8 fl oz	8 fl oz	8 fl oz	8 fl oz	8 fl oz	8 fl oz	8 fl oz	8 fl oz	11 fl oz	11 fl oz	11 fl oz
No Artificial Sweeteners		✓	✓	✓	✓	✓	✓	✓					
No Artificial Colors		✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Gluten Free		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Suitable for Lactose Intolerance*		✓	✓	✓	✓	✓	✓	✓	✓	✓	Contains <2 g lactose from protein ingredients		

*Not for individuals with galactosemia.

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