STUDY SUMMARY

Reductions in Gastrointestinal Intolerance, Healthcare Resource Utilization and Cost Associated with a Plant Based Peptide Enteral Formula with Fruit and Vegetable Ingredients: Retrospective Analysis of Children and Adults in Post Acute Care

A Research Summary based on Minor, G et al. *Nutrition and Dietary Supplements*. 2025;17:63-72. | Published on May 29, 2025

WHY WAS THIS STUDY DONE?

Peptide-based enteral nutrition (EN) formulas have demonstrated benefits on gastrointestinal (GI) intolerance symptoms and reduced healthcare resource utilization (HCRU) in acute and post-acute care settings. There is also a growing interest in EN formulas with real fruit and vegetable ingredients for improved GI tolerance and health economic related outcomes. However, there is a paucity of research on peptide-based EN formulas that also include fruit and vegetable ingredients.

This study examined clinical outcomes (i.e., GI intolerance symptoms), HCRU and costs associated with a plant-based peptide EN formula containing fruit and vegetable ingredients.

HOW WAS THIS STUDY PERFORMED?

Children (age 1-13 years) and adults (age ≥ 14 years) prescribed a plant-based peptide EN formula with fruit and vegetable ingredients (Compleat® Pediatric Peptide 1.5, Compleat® Peptide 1.5, Nestlé HealthCare Nutrition, US, respectively) in a post-acute care setting, with a history of formula use for at least 5 days, were included in analysis. GI intolerance symptoms, HCRU and costs were compared 6-months pre hospital discharge and up to 6-months post-hospital discharge.

STUDY DESIGN

- Retrospective
- Observational
- De-Identified US medical and pharmacy claims data
- Period between January 2020 and December 2022

STUDY RESULTS

A plant-based peptide EN formula with fruit and vegetable ingredients was associated with reduction in GI intolerance symptoms, HCRU, and adjusted healthcare costs.

LIMITATIONS AND FUTURE DIRECTIONS

- Observed outcomes are based on retrospective design, and the use of real-world evidence/claims data can only demonstrate association.
- Future research comparing use of plant-based peptide EN formula to other formulas is needed.

CONCLUSIONS

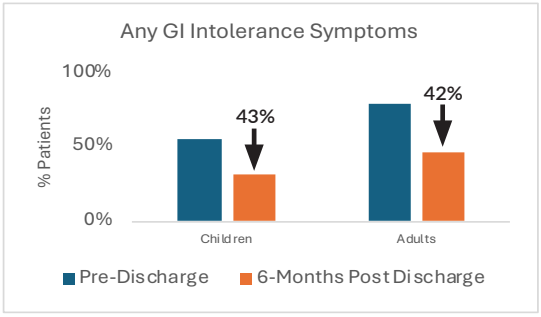
Use of a plant-based peptide EN formula with fruit and vegetable ingredients was associated with significant reductions in GI intolerance symptoms, HCRU and associated costs. These data support use as a well-tolerated option for EN in children and adults requiring EN support in a post-acute care setting.

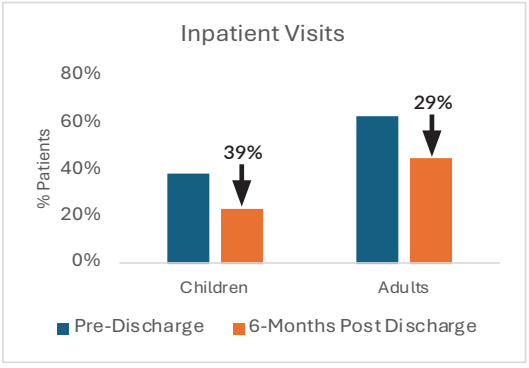
Patients

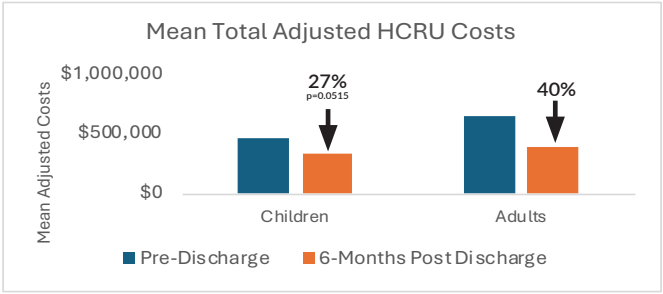
Children	Adults
91 children, mean age 5.5 (±3) years	82 adults, mean age 49 (±20.5) years
Common comorbidities: congenital conditions (73%), developmental delays (60%), GI conditions (57%)	**Common comorbidities:** cancer (39%), chronic pulmonary disease (29%), paraplegia/ hemiplegia (24%), mild liver disease (24%)

Outcomes

Results statistically significant (p≤0.05) unless otherwise noted with p value.







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