

At-a-Glance NUTRITIONAL CHART

High Calorie Moderate Protein

BOOST PLUS®

Calories 360
Protein 14 g
Carbs 45 g
Fat 14 g



Help gain or maintain weight with 360 calories and 14 g protein per 8 fl oz bottle.

- 26 essential vitamins & minerals
- Excellent source of calcium & vitamin D

BOOST® SOOTHE

Calories 300
Protein 10 g
Carbs 65 g
Fat 0 g



Help gain or maintain weight with 300 calories and 10 g protein per 8 fl oz carton.

- Clear nutritional drink with a cooling and soothing effect
- Formulated to avoid certain ingredients known to have a metallic aftertaste

Moderate Calorie High Protein

BOOST® HIGH PROTEIN

Calories 240
Protein 20 g
Carbs 28 g
Fat 6 g



Help maintain muscle with 20 g high-quality protein per 8 fl oz bottle.

- 27 essential vitamins & minerals
- Excellent source of calcium & vitamin D

High Calorie High Protein

BOOST® VERY HIGH CALORIE

Calories 530
Protein 22 g
Carbs 52 g
Fat 26 g



Help gain or maintain weight with 530 calories and 22 g protein per 8 fl oz carton.

- 26 essential vitamins & minerals
- Calorically dense with 2.25 kcal/mL

Moderate Calorie Moderate Protein

BOOST® ORIGINAL

Calories 240
Protein 10 g
Carbs 41 g
Fat 4 g



Help fill nutritional gaps with 27 vitamins & minerals plus 10 g protein per 8 fl oz bottle.

- 27 essential vitamins & minerals
- Excellent source of calcium & vitamin D

BOOST BREEZE®

Calories 250
Protein 9 g
Carbs 54 g
Fat 0 g



Help meet daily nutritional needs for people on a clear liquid or fat restricted diet with 9 g protein per 8 fl oz carton.

- 19 essential vitamins & minerals
- Available in Orange, Peach and Wild Berry flavors plus a variety pack

Lower Calorie High Protein

BOOST MAX™

Calories 160
Protein 30 g
Carbs 4 g
Fat 3 g



Help get extra protein with 30 g high-quality protein per 11 fl oz bottle.

- 24 vitamins & minerals with 30 g protein for muscle health, calcium for bone health, and B-vitamins to help support energy metabolism
- 1 g sugars

BOOST® WOMEN

Calories 180
Protein 15 g
Carbs 14 g
Fat 7 g



Help meet daily nutritional needs with 180 calories and 15 g protein per 8 fl oz bottle.

- 24 vitamins & minerals with calcium & vitamin D to support bone health, iodine & selenium to help support normal thyroid function, and biotin & zinc to support skin & hair health

Nutrition for People with Diabetes

BOOST GLUCOSE CONTROL®

Calories 190
Protein 16 g
Carbs 16 g
Fat 7 g



Help meet the unique nutritional needs of people with diabetes as part of a comprehensive diabetes management plan.

- 25 essential vitamins & minerals
- 4 g sugars

BOOST GLUCOSE CONTROL® HIGH PROTEIN











Calories 120
Protein 22 g
Carbs 2 g
Fat 2.5 g



Help meet the unique nutritional needs of people with diabetes as part of a comprehensive diabetes management plan.

- 22 g high-quality protein to support lean muscle and help manage hunger
- 1 g sugars

A COMPREHENSIVE LINE OF PRODUCTS TO HELP MEET YOUR NEEDS

Nutritional Information Per Featured Flavor		 BOOST® VERY HIGH CALORIE[†]	 BOOST® PLUS[®]	 BOOST® SOOTHE[†]	 BOOST® BREEZE[†]	 BOOST® HIGH PROTEIN	 BOOST® ORIGINAL	 BOOST® GLUCOSE CONTROL[®]	 BOOST® WOMEN	 BOOST® MAX[™]	 BOOST® GLUCOSE CONTROL[®] HIGH PROTEIN
Calories	kcal	530	360	300	250	240	240	190	180	160	120
Protein	g	22	14	10	9	20	10	16	15	30	22
Total Carbohydrate	g	52	45	65	54	28	41	16	14	4	2
Dietary Fiber	g	0	1	0	0	0	1	3	2	0	0
Total Sugars	g	13	22	15	34	15	20	4	4	1	1
Total Fat	g	26	14	0	0	6	4	7	7	3	2.5
Sodium	mg	280	200	0	70	220	150	210	210	310	230
Potassium	mg	420	360	0	0	470	470	250	50	380	320
Total Vitamins & Minerals	#	26	26	0	19	27	27	25	24	24	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	11 fl oz	8 fl oz
No Artificial Sweeteners		✓	✓	✓	✓	✓	✓				
No Artificial Colors		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Gluten Free		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Suitable for Lactose Intolerance**		✓	✓	✓	✓	✓	✓	✓	✓		
Backed by the BOOST® Great Taste Guarantee*[†]			✓			✓	✓	✓	✓	✓	✓

*The BOOST® Great Taste Guarantee offer only applies to the purchase of one (1) BOOST® Nutritional Drink 4-pack or 6-pack made between 1/1/19 and 12/31/19. Limit one refund per name, address or household. Offer valid in U.S. only. Visit BOOST.com/great-taste-guarantee for additional information.

**Not for individuals with galactosemia.

†Medical nutrition products are not eligible for the BOOST® Great Taste Guarantee retail program.

Nutritional information based on a single serving of the featured flavor.

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