

# BOOST At-a-Glance NUTRITIONAL CHART

## HIGH CALORIE

### BOOST® VERY HIGH CALORIE

530 Calories  
22 g Protein  
26 Vitamins & Minerals



*Helps Gain or Maintain Weight*

Provides 530 nutrient-rich calories (2.24 kcal/mL) with 22 g protein to help GAIN or MAINTAIN WEIGHT

## HIGH PROTEIN

### BOOST® HIGH PROTEIN

240 Calories  
20 g Protein  
27 Vitamins & Minerals



*Helps Maintain Muscle with 20 g Protein*

Provides 20 g protein for MUSCLE HEALTH and 240 nutrient-rich calories with 8 B-vitamins to help convert food to ENERGY

### BOOST® MOBILITY

180 Calories  
20 g Protein  
Including 5,000 mg Collagen Peptides



*Helps Support Key Elements of Mobility*

Provides collagen peptides to help support JOINTS, protein for MUSCLE HEALTH, and calcium, vitamin D & magnesium for BONE HEALTH

### BOOST MAX™

160 Calories  
30 g Protein  
1 g Sugars



*Helps Maintain Muscle with 30 g Protein*

Provides 30 g protein for MUSCLE HEALTH, calcium for BONE HEALTH and B-vitamins to help support ENERGY metabolism

## DIABETES NUTRITION

### BOOST GLUCOSE CONTROL® HIGH PROTEIN

120 Calories  
22 g Protein  
1 g Sugars



*Helps Manage Blood Sugar\* as Part of a Balanced Diet*

\*Clinically shown to produce a LOWER BLOOD SUGAR RESPONSE vs. a standard nutritional drink in people with type 2 diabetes

## CLEAR LIQUID

### BOOST® SOOTHE

300 Calories  
10 g Protein  
0 Vitamins & Minerals



*Clear Liquid Nutrition with a Cooling Effect*

Designed to provide a COOLING EFFECT with 300 calories and 10 g protein to help GAIN or MAINTAIN WEIGHT

## EVERYDAY NUTRITION

### BOOST PLUS®

360 Calories  
14 g Protein  
26 Vitamins & Minerals



*Helps Gain or Maintain Weight*

Provides 360 nutrient-rich calories (1.5 kcal/mL) with 14 g protein to help GAIN or MAINTAIN WEIGHT

### BOOST® ORIGINAL

240 Calories  
10 g Protein  
27 Vitamins & Minerals



*Helps Fill Nutritional Gaps*

Designed to provide NUTRITIONAL ENERGY with 240 nutrient-rich calories and 8 B-vitamins to help convert food to energy

### BOOST® MEN

220 Calories  
18 g Protein  
24 Vitamins & Minerals



*Tailored Nutrition for Men*

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

### BOOST® WOMEN

180 Calories  
15 g Protein  
24 Vitamins & Minerals



*Tailored Nutrition for Women*

Provides iodine & selenium to help support normal THYROID FUNCTION, calcium & vitamin D to support STRONG BONES and biotin & zinc to support SKIN & HAIR HEALTH

### BOOST GLUCOSE CONTROL®

190 Calories  
16 g Protein  
4 g Sugars



*Helps Manage Blood Sugar\* as Part of a Balanced Diet*

\*Clinically shown to produce a LOWER BLOOD SUGAR RESPONSE vs. a standard nutritional drink in people with type 2 diabetes

### BOOST BREEZE®

250 Calories  
9 g Protein  
19 Vitamins & Minerals



*Fortified Clear Liquid Nutrition*

Provides fruit flavored, CLEAR LIQUID nutrition that is gluten-free, fat-free, kosher and halal.

# A COMPREHENSIVE LINE OF PRODUCTS TO HELP MEET YOUR NUTRITIONAL NEEDS

Nutritional Information Per Featured Flavor													
		BOOST® VERY HIGH CALORIE†	BOOST PLUS®	BOOST® SOOTHE†	BOOST BREEZE®†	BOOST® HIGH PROTEIN	BOOST® ORIGINAL	BOOST® MEN	BOOST GLUCOSE CONTROL®	BOOST® MOBILITY	BOOST® WOMEN	BOOST MAX™	BOOST GLUCOSE CONTROL® HIGH PROTEIN
Calories	kcal	530	360	300	250	240	240	220	190	180	180	160	120
Protein	g	22	14	10	9	20	10	18	16	20	15	30	22
Total Carbohydrate	g	52	45	65	54	28	41	24	16	16	14	4	2
Dietary Fiber	g	0	1	0	0	0	1	0	3	0	2	0	0
Total Sugars	g	13	22	15	34	15	20	12	4	4	4	1	1
Total Fat	g	26	14	0	0	6	4	6	7	4	7	3	2.5
Sodium	mg	280	200	0	70	220	150	220	210	200	210	310	230
Potassium	mg	420	360	0	0	470	470	480	250	470	50	380	320
Total Vitamins & Minerals	#	26	26	0	19	27	27	24	25	27	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	8 fl oz	8 fl oz	11 fl oz	8 fl oz
No Artificial Sweeteners		✓	✓	✓	✓	✓	✓	✓					
No Artificial Colors		✓	✓	✓	✓ <sup>^</sup>	✓	✓	✓	✓	✓	✓	✓	✓
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 1/1/20 and 12/31/20. Limit one refund per name, address, or household. Offer valid in U.S. only. Visit [BOOST.com/great-taste-guarantee](https://www.boost.com/great-taste-guarantee) for additional information. BOOS-14834-0120

\*\*Not for individuals with galactosemia. <sup>^</sup>Colors from natural sources. <sup>†</sup>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. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2020 Nestlé.