

*Nourishing*  
every day.

**PEPTAMEN®** — The Easy-to-Absorb, Well-Tolerated Nutrition Solution







As you ease back home...



Absorption & Tolerance

One challenge of a gastrointestinal (GI) disorder is assuring that the nutrients in the body can be digested, absorbed, assimilated and used for energy.

**Absorption** means your body is *soaking up* the nutrients, (as opposed to maldigestion or causing diarrhea).

**Tolerance** means your body is *accepting* the nutrients it received, (as opposed to intolerance or causing vomiting and diarrhea).

**Peptamen**® tube-feeding formulas are specialized enteral nutrition designed to support absorption and tolerance in individuals with a GI disorder... so you can be

*Nourishing* every day with confidence.



Nourishing every day.



Nourishing  
every day.

For additional information on  
Peptamen® formulas,  
visit [www.Peptamen.com](http://www.Peptamen.com)



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Nourishing every day.

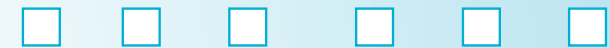
## PEPTAMEN® – The Easy-to-Absorb, Well-Tolerated Nutrition Solution

### The Peptamen® family of formulas.

Based on your individual needs, your doctor has chosen one of the solutions in the Peptamen® family of formulas.

While every Peptamen® formula contains **smaller, easy-to-absorb peptides** and a **high percentage of fat as MCT**, there are also variations in the formulations based on specific patient needs. Check with your healthcare professional to determine which formula is more suitable for your specific condition.

Learn more at [www.Peptamen.com](http://www.Peptamen.com)



For easy reference and future ordering, check the Peptamen® formula your doctor has prescribed.

### Where can I purchase Peptamen® formulas?

There are a few options:

- You can ask your healthcare team for a reference
- You may already be working with a home care company or durable medical equipment company
- Or you may also purchase the Peptamen® formula recommended by your healthcare professional online at [amazon.com](http://amazon.com) or at the [NestléNutritionStore.com](http://NestléNutritionStore.com)

### Are Peptamen® formulas covered by insurance?

Each insurance plan is different, so it is best to consult with yours for the most accurate information on coverage.

**Formula4Success™** from Nestlé Health Science – a **FREE** reimbursement support service for patients prescribed Nestlé enteral nutrition formulas – can assist you with:



- Benefit Investigation to guide you through the reimbursement process
- Claim Support including investigating claim denials and coordinating documentation
- Claim Appeal assistance to help you with a full investigation of the appeal
- Letters of Medical Necessity downloads to print and bring to your doctor to help with insurance coverage

For more information, go to [www.nestle4success.com](http://www.nestle4success.com)



Talk to your healthcare professional to see if Peptamen® formula is right for you.

**USE UNDER MEDICAL SUPERVISION**

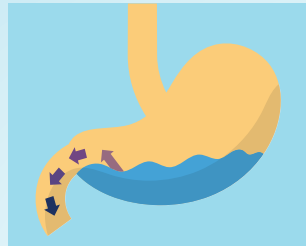
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## PEPTAMEN® — The Easy-to-Absorb, Well-Tolerated Nutrition Solution

**Why did my doctor prescribe a Peptamen® specialized formula?**



One of the main differences between a standard tube-feeding formula and a specialized one like a Peptamen® formula is the type and nature of nutrients they contain.

For example, standard formulas typically contain intact or whole protein, which may be suitable for most people. However, in certain individuals with impaired GI function with stomachs and intestinal tracts that may not work properly, **Peptamen® formula — made from 100% whey protein that is broken down into small pieces called peptides —** can help with absorption and tolerance.

**What's different about Peptamen® formulas?**



### The PEPTAMEN® Formula Difference

- The **only** peptide-based formula with **enzymatically hydrolyzed 100% whey protein** to help with tube-feeding intolerance
- **Smaller, easy-to-absorb peptides**
- **A high percentage of fat as Medium-Chain Triglycerides (50-70%)**, which can be rapidly absorbed by the body and can empty quickly from the stomach and used for energy
- A comprehensive range of peptide-based formulas to meet different nutritional needs
- From Nestlé Health Science; used by healthcare professionals for over 30 years, and widely studied with more than 60 clinical studies and proven to work

**Where can I learn more about tube feeding?**



- Refer to **Your Guide to Tube Feeding** included with this folder
- Visit [www.Peptamen.com](http://www.Peptamen.com)
- Make an appointment to speak with a **Nestlé Registered Dietitian** to learn more about nutrition formulas. Call **1-800-422-ASK2 (2752)**.

Please note, we cannot provide answers to personal medical questions, including whether Peptamen® Family of Formulas are right for you; for these types of questions, you should contact your doctor.

# Peptamen® formula *Flavoring Options & Recipes*

Recipes may be prepared using any of the Peptamen® family of formulas. If your doctor has recommended that you drink Peptamen® formulas by mouth, you can easily create flavoring options with these recipes.

Remember that Peptamen® formulas are intended for use under medical supervision. You should consult with your healthcare professional to determine if Peptamen® formulas and these recipes are appropriate for you.

## *Quick Flavoring Tips*

### **Syrups**

Add 1 Tbsp of the following to 1 carton (250 mL) of Peptamen® formula:

- Regular or sugar-free chocolate, strawberry, or maple syrup (add 2 drops almond or black walnut extract for a maple nut flavor)

Add 2 tsp of the following to 1 carton (250 mL) of Peptamen® formula:

- Regular or sugar-free flavoring syrups (i.e. Irish cream, hazelnut, raspberry, caramel, mint)
- Regular or sugar-free liquid coffee creamers

### **Powders**

Add any of the following to 1 carton (250 mL) of Peptamen® formula:

- 1/8 – 1/4 tsp powdered drink mix (such as lemonade mix)
- 1-2 Tbsp malt powder (dissolve in a small amount of hot water before adding to Peptamen® formula)
- 2 tsp instant coffee powder

### **Extracts**

Add 1/4 tsp of your favorite flavor to 1 carton (250 mL) of Peptamen® formula. Try blending flavors to make your own combination. Suggestions: orange, raspberry, pineapple, cherry, maple, cinnamon, coconut, banana, almond, or mint.



## *Tropical Fruit Smoothie*

Makes 1 – 8 fl oz serving

### **Ingredients:**

1 carton (250 mL) of Peptamen® formula  
2 tsp sugar or 1 packet sweetener  
1/4 tsp pineapple extract  
1/4 tsp coconut extract

### **Preparation:**

Place all ingredients in a glass and stir well.  
Serve immediately.



# Peptamen® formula *Recipes*



## *Strawberry Banana Smoothie*

Makes 1 – 12 fl oz serving

**Ingredients:**

1 carton (250 mL) of Peptamen® formula  
1/2 cup sliced strawberries  
1/2 small banana

**Preparation:**

Place all ingredients in a blender and mix until smooth. Serve immediately.

## *Creamy Hot Cocoa*

Makes 1 – 8 fl oz serving

**Ingredients:**

1 carton (250 mL) of Peptamen® formula  
1 packet regular or sugar free Nestlé hot cocoa mix

**Preparation:**

Pour Peptamen® formula into a microwave safe container and heat to desired temperature. (Do not boil.) Add 1 packet of hot cocoa mix and stir until dissolved. Serve immediately.



## *Spiced Apple*

Makes 1 – 8 fl oz serving

**Ingredients:**

1 carton (250 mL) of Peptamen® formula  
1.5 Tbsp apple butter

**Preparation:**

Place all ingredients in a glass and stir well.  
Serve immediately.

*Recipe Variation: Use 2 Tbsp sweetened applesauce and a dash of cinnamon in place of apple butter.*