



SUPPORT WOUND HEALING THROUGH NUTRITION

WHAT YOU SHOULD EAT

1 Choose foods high in protein



Fish, chicken, meat



Milk, cheese, yogurt



Beans, peas



Nuts, seeds



Ensure® Max Protein, Glucerna® 30g Protein Shake, Ensure® High Protein, and Ensure® Plus

2 Add foods high in vitamins and minerals, especially vitamin C and zinc, to help promote healing

Choose fruits and vegetables in a rainbow of colors to provide essential vitamins and minerals that your body needs. Some examples are:



Green

Spinach, broccoli, cabbage



Yellow and orange

Carrots, peaches, cantaloupe



Red

Apples, red peppers



Blue and purple

Eggplant, blueberries



White

Bananas, garlic, cauliflower

3 Drink 6 to 8 cups of water or other fluids every day to help maintain hydration to support your circulation



4 Include nutrition drinks with added arginine, glutamine, HMB, hydrolyzed collagen, and micronutrients including zinc, and vitamins C, E, and B₁₂

Juven® offers a unique blend of these key ingredients to help promote wound healing,^{1,2} build lean body mass,³⁻⁵ and support immune system health.² Use Juven in addition to a complete, balanced diet.



HOW NUTRITION HELPS:

- Protein builds new skin and muscle
- Glutamine helps cells produce the building blocks needed for new tissue
- Arginine supports blood flow and is a building block for proteins, which can contribute to healing
- Maintaining muscle and organ tissue is vital for normal healing, and proper nutrition plays an important role. If you do not receive proper nutrition, your body may use muscle protein for energy

JUVEN® HAS BEEN CLINICALLY SHOWN TO SUPPORT WOUND HEALING BY ENHANCING COLLAGEN FORMATION IN AS LITTLE AS 2 WEEKS^{1,8,*}

JUVEN HAS KEY INGREDIENTS TO SUPPORT WOUND HEALING

Sometimes even a balanced diet with the right calories may not be enough to help a wound heal. That's where Juven comes in. Only Juven, a light, refreshing drink, has a blend of key wound-healing ingredients that goes above and beyond basic nutrition:






- **Arginine** — increases blood flow and is a building block for proteins
- **Glutamine** — supports the immune system and promotes new tissue
- **HMB** — slows protein breakdown and enhances tissue growth
- **Hydrolyzed collagen^{6,7}** — helps stimulate internal collagen formation
- **Micronutrients** — Zinc, vitamins C, E, B₁₂ which are important in the wound-healing process

HOW TO CONSUME JUVEN

- Juven is best when mixed with 8 to 10 fluid ounces of water or other liquid at room temperature
- Juven can be mixed with fruit juice, yogurt, applesauce, ice cream, or other foods and beverages to add variety
- Juven can be mixed ahead of time
 - Store in a clean container and consume within 4 hours if kept at room temperature, or 24 hours if stored in a refrigerator. Use within 24 hours.
- Juven is available in Fruit Punch and Orange flavors. Juven offers an unflavored option, which is best when mixed with food



WHERE TO FIND JUVEN

- Online at www.abbottstore.com or [amazon](https://www.amazon.com)
- In store at your local pharmacy   
- Available through most home medical equipment (HME) companies
- juven.com  

Name: _____

Nutritional Supplement: Juven

Your health care provider recommends you drink ____ packets/day for ____ days.

Health Care Provider Name: _____

Health Care Provider Contact Information: _____

Use Juven under medical supervision in addition to a complete, balanced diet. Use Ensure products as part of a healthy diet. Use Glucerna products as part of a diabetes management plan.

*Studied in both healthy elderly and patients with diabetic foot ulcers, taking two servings per day, as measured by hydroxyproline levels.

References: 1. Williams JZ, et al. *Ann Surg.* 2002;236:369-375. 2. Kirk SJ, et al. *Surgery.* 1993;114:155-160. 3. May PE, et al. *Am J Surg.* 2002;183:471-479. 4. Clark RH, et al. *JPEN J Parenter Enteral Nutr.* 2000;24:133-139. 5. Smith HJ, et al. *Cancer Res.* 2005;65:277-283. 6. Sugihara F, et al. *Jpn Pharmacol Ther.* 2015;43:1323-1328. 7. Lee SK, et al. *Adv Skin Wound Care.* 2006;19(2):92-96. 8. Jones MS, et al. *Surg Infect.* 2014; 15(6):708-712.