

SUPPORT WOUND HEALING THROUGH NUTRITION

WHAT YOU SHOULD EAT

Choose foods high in protein











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

Fish, chicken, meat

Milk, cheese, yogurt

Beans, peas

Nuts, seeds

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 Carrots, peaches, cantaloupe

Red

Apples, red peppers





Blue and purple

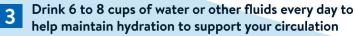
Eggplant, blueberries



Yellow and orange

White

Bananas, garlic, cauliflower





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

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.



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, B_{12} 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
- Available through most home medical equipment (HME) companies

• In store at your local pharmacy (HEED) Walgreens Charmacy

• 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 heathly 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.