

Rebuilding Muscles. Rebuilding Lives.™

Therapeutic Nutrition Drink Mix

Helps build muscle and
supports immune function¹ for
people with HIV/AIDS



Should I be concerned about losing weight and muscle?

- Weight loss of as little as 5% of body weight can greatly increase the risk of complications and disease progression in patients with HIV/AIDS.²
- Preventing weight and muscle loss may make you feel stronger, which may help you be more active and improve your quality of life

How much is 5% weight loss?

Not as much as you might think. The table below shows that if you have dropped just a small amount of weight, you may have already lost 5% of your usual body weight. As an example, if you normally weigh 150 pounds and you lose only 7 1/2 pounds, you have lost 5% of your usual body weight.

Usual Body Weight	5% Weight Loss
100 pounds	5 pounds
150 pounds	7 1/2 pounds
200 pounds	10 pounds
250 pounds	12 1/2 pounds

Can JUVEN[®] help me gain weight and muscle?



JUVEN has been clinically shown to help build muscle support immune function in people with HIV/AIDS.¹ This booklet explains how just two packets of JUVEN a day as part of a complete, balanced diet may help you gain weight and muscle.



Why do people living with HIV/AIDS lose weight?



People with HIV/AIDS often lose weight because they burn too many calories, because they do not eat enough food, or both. Medications and their side effects, such as nausea and diarrhea, can all lead to loss of appetite and reduced food intake.

Simply eating more food may not be enough to help you gain weight and muscle. HIV causes changes in metabolism—the way the body uses food for energy. These changes in metabolism can make the body burn more calories than normal and break down muscle and fat.

What is muscle wasting?

Muscle wasting is what happens when the body breaks down the proteins in lean body tissue for energy. This causes your body to lose muscle and your organs to work less effectively than they should. Even if your weight stays the same, your body may still be breaking down lean tissue for energy.

Loss of muscle and organ tissue can make it harder for you to get better after an illness and to stay mobile and active. The effects of muscle wasting are serious and can affect both quality of life and survival. Maintaining muscle and organ tissue is vital for people living with HIV/AIDS.

What about immune function?

For people with HIV/AIDS, nutrition and immune function are closely related.³ Good nutrition may help strengthen immune function.³ Special ingredients in nutritional products may also support immune function.¹



What is JUVEN® and how can it help?

JUVEN is a therapeutic nutrition drink designed to help fight muscle loss. JUVEN contains a patented blend of three key ingredients—HMB, arginine, and glutamine.

- HMB (beta-hydroxy-beta-methylbutyrate) helps muscle cells maintain strength and structure. HMB may also help support immune function
- Arginine is an amino acid (a building block of protein) that is key for building muscle and for immune cell development
- Glutamine is an amino acid that is key for building muscle and fueling immune cells and gastrointestinal (GI) cells

By working together, these three ingredients help build muscle, slow protein breakdown in muscle, and support the immune system.

JUVEN helps build muscle without fat gain^{1,4}

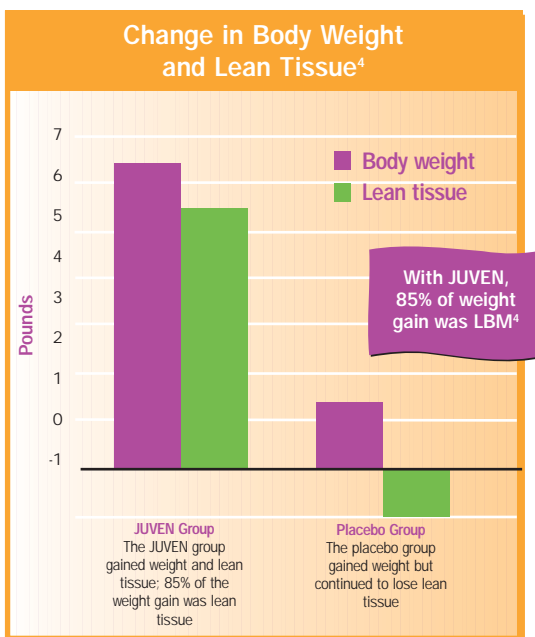
JUVEN supports the immune system¹

JUVEN supports healing⁵

JUVEN is an excellent source of calcium

Has JUVEN been studied?

Yes, JUVEN was tested with people who had experienced AIDS-associated wasting. The study showed that JUVEN helped increase lean tissue and support immune function.¹ JUVEN users gained both body weight and lean tissue. Immune status in the JUVEN users improved as well—CD₃ and CD₈ T-cell subsets increased and viral load decreased.



How do I know if I need JUVEN® ?

JUVEN is for people who lose muscle even though they eat enough food. Signs of muscle loss include loss of weight, strength, and mobility.



How long should I take JUVEN?

Two packets of JUVEN a day can support protein synthesis—a key step in building muscle. Talk with your health care professional to see how long you should use JUVEN.



How do I prepare JUVEN?

Mix one packet with 8 to 10 fl oz of cold water or fruit juice, stir until the powder is dissolved, and enjoy! If you mix JUVEN ahead of time, refrigerate it in a clean, covered container for up to 24 hours.

How many calories are in JUVEN?

When mixed with water, each packet of JUVEN has 75 Calories; two servings a day provide 150 Calories. There will be more calories if JUVEN is mixed with juice or other beverages.

What does JUVEN taste like?

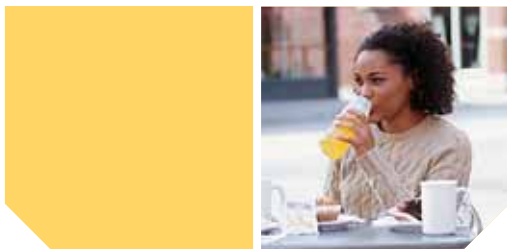
JUVEN is a light, refreshing drink mix that is available in orange and grape flavors.

Does JUVEN need to be taken with food?

You can drink JUVEN on an empty stomach, but drinking it with breakfast and dinner is an easy way to remember to take your two daily servings. Because JUVEN does not have all the nutrients your body needs, use it as part of a well-balanced diet.



Should I take other supplements with JUVEN®?



You must eat a well-balanced diet to get the best results from JUVEN. If you cannot eat a well-balanced diet, talk to your health care professional to see if you should use a medical nutritional product such as Ensure® or Ensure® Plus, or other supplements such as multivitamins.

Does JUVEN have any side effects?

JUVEN does not usually cause side effects. However, any change in the diet can cause temporary gastrointestinal (GI) symptoms, such as diarrhea or constipation. If you have GI symptoms, you can reduce them by drinking less JUVEN or by adding more water to it. If you have any unusual problems, stop using JUVEN and talk to your health care professional.



References

1. Clark RH, Feleke G, Din M, et al: Nutritional treatment for acquired immunodeficiency virus-associated wasting using β -hydroxy β -methylbutyrate, glutamine, and arginine: A randomized, double-blind, placebo-controlled study. *JPEN* 2000;24:133-139.
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4. Clark RH, Feleke G, Din M, et al: Last value carried forward analysis for eight weeks of twice daily supplementation of JUVEN vs. placebo. *JPEN* 2000;24:133-139.
5. May PE, Barber A, D'Olimpio JT, et al: Reversal of cancer-related wasting using oral supplementation with a combination of β -hydroxy- β -methylbutyrate, arginine, and glutamine. *Am J Surg* 2002;183:471-479.
6. Williams JZ, Abumrad N, Barbul A: Effect of a specialized amino acid mixture on human collagen deposition. *Ann Surg* 2002;236:369-375.

JUVEN® is a product of the Ross Products Division of Abbott Laboratories. Ross Products is a long-time leader in the United States nutritionals marketplace and is well known for leading brands such as Similac® infant formulas and Ensure® adult nutritional products. For more information, visit the Ross Web site at www.ross.com.

Where can I buy JUVEN[®]?

- Rite Aid, Longs Drugs, and Duane Reade[®] pharmacies
- Visit www.JUVEN.com
- Call 1-877-GO-JUVEN (1-877-465-8836)
- Ask your pharmacist to order JUVEN for you

JUVEN may be a qualified medical expense under your Health Savings Accounts (HSA) when prescribed by a physician for treatment of a specified disease or medical condition, such as cancer. If you have a Flexible Spending Account (FSA), contact your benefits administrator for more information on how you may be able to purchase and receive reimbursement for JUVEN through your account.

**Use JUVEN under medical supervision
and as part of a complete, balanced diet.**

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