

Rebuilding Muscles. Rebuilding Lives.™

Therapeutic Nutrition Drink Mix

Helps build muscle¹
for people with cancer



Should I be concerned about losing weight and muscle?

- Weight loss of as little as 5% of body weight can interfere with your body's response to your cancer treatment^{2,3}
- 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 lb and you lose only 7½ lb, you have lost 5% of your usual body weight.

Usual Body Weight	5% Weight Loss
100 lb	5 lb
150 lb	7½ lb
200 lb	10 lb
250 lb	12½ lb

Can JUVEN® help me gain weight and muscle?



JUVEN has been clinically shown to help build muscle in people with cancer.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 cancer lose weight?



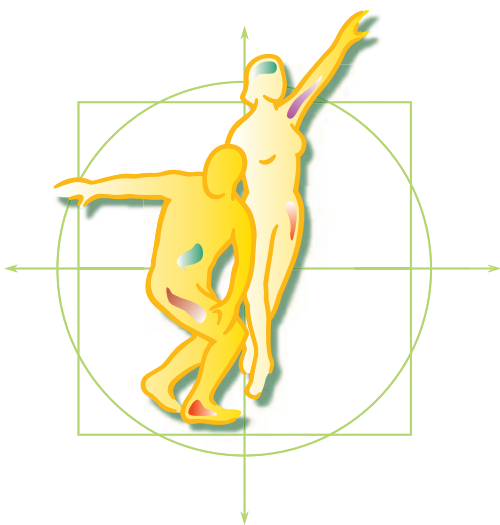
People with cancer often lose weight and muscle because they burn too many calories, because they do not eat enough food, or both. Medications and their side effects, such as nausea and diarrhea, can lead to loss of appetite and reduced food intake.

Simply eating more food may not be enough to help in gaining weight and muscle. Cancer 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.

What is muscle wasting?

Muscle wasting is what happens when the body breaks down the proteins in muscle for energy. This causes your body to lose muscle and your organs to not work as well as they should. Even if your weight stays the same, your body may still be breaking down muscle for energy.

Loss of muscle 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 is vital for people living with cancer.



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 build muscle and protects cell strength and structure
- 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 and slow protein breakdown from muscle.

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

JUVEN is low in sugar

JUVEN supports healing⁵

JUVEN is an excellent source of calcium

Has JUVEN been studied?



Yes, JUVEN was tested with people who had experienced cancer-associated weight loss. The study showed that JUVEN helped increase muscle and weight without fat gain.¹

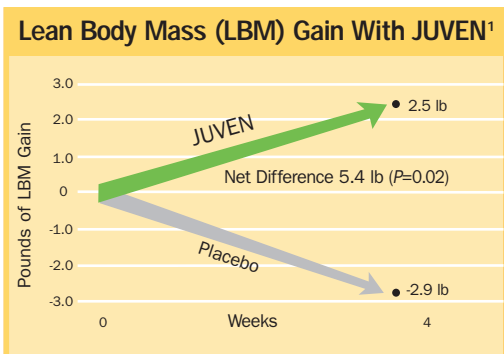


Chart developed from information in May PE et al: *Am J Surg* 2002;183:471-479.



How do I know if I need JUVEN®?



People who have muscle breakdown and weight loss due to cancer, despite eating enough food, may benefit from JUVEN. Signs of muscle loss also include loss of appetite, strength, energy, and mobility.

How long should I take JUVEN?

Take JUVEN as long as there is a chance of muscle loss. 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 that contain calories.

What does JUVEN taste like?

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

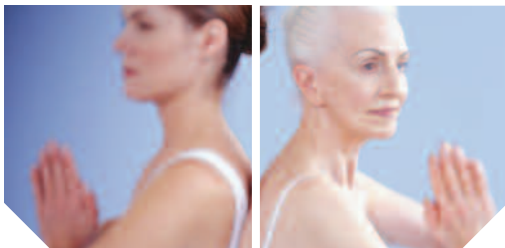


Does JUVEN need to be taken with food?

No, 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.

Does JUVEN have any side effects?

JUVEN does not usually cause side effects. However, any change in the diet can cause temporary 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. 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.
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3. Andreyev HJN, Norman AR, Oates J, Cunningham D: Why do patients with weight loss have a worse outcome when undergoing chemotherapy for gastrointestinal malignancies? *Eur J Cancer* 1998; 34:503-509.
4. 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.
5. 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.

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