

Rebuilding Muscles. Rebuilding Lives.™

Delicious Recipes for Helping Build Lean Body Mass



The unique blend of ingredients in JUVEN® has been shown to increase lean body mass^{1,2} and support wound healing³ in people experiencing illness-related weight loss, cancer and immune deficiencies. Including two packets of JUVEN daily as part of a complete, balanced diet, may help you gain weight and muscle and aid in healing.

JUVEN is available in two refreshing juice flavors — orange and grape. These delicious, easy-to-make recipes will help you enjoy the great taste of JUVEN as part of your daily routine.



CARBONATED DRINKS

JUVEN® SPRITZER

Serves 1

Ingredients:

- 1 package orange-flavored JUVEN®
- 1 cup to 1¹/₄ cold club soda, ginger ale, or lemon-lime soda
- Ice (optional)

Directions:

Stir JUVEN into 3 to 4 ounces of liquid until powder is dissolved. Pour in the remaining portion of liquid. Stir gently. Add ice if desired.



GRAPE SPARKLE

Serves 1

Ingredients:

- 1 package grape-flavored JUVEN®
- 1/3 to 1/2 cup cold cranberry, grape, or apple juice
- 3/4 to 1 cup sparkling water or regular water
- Ice (optional)

Directions:

Combine juice and water, then stir in JUVEN until the powder is dissolved. Allow the drink to rest 1 minute, stir again, and add ice if desired. If using sparkling water, use only half the water during the mixing process, then top the beverage off with more sparkling water once the powder has dissolved.



ORANGE SPARKLE

Serves 1

Ingredients:

- 1 package orange-flavored JUVEN®
- 1/3 to 1/2 cup cold orange juice, cranberry juice, mango nectar, or pineapple juice
- 3/4 to 1 cup sparkling water or regular water
- Ice (optional)

Directions:

Combine juice and water, then stir in JUVEN until the powder is dissolved. Allow the drink to rest 1 minute, stir again, and add ice if desired. If using sparkling water, use only half the water during the mixing process, then top the beverage off with more sparkling water once the powder has dissolved.



STRAWBERRY SMOOTHIE

Serves 1

Ingredients:

- 1 package orange-flavored JUVEN®
- ¾ cup cold whole or 2% milk, or soy milk*
- ½ cup vanilla-flavored yogurt
- 1 cup frozen strawberries

Directions:

Stir JUVEN into milk until powder is dissolved. Pour liquid into a blender. Add remaining ingredients and blend for 30 to 40 seconds. Pour into a glass and serve.

Per Serving:

Cal 288
Protein 13 g
Carbohydrate 38 g
Fat 8 g
Vitamin C 61 mg
Calcium 653 mg
Phosphorus 452 mg
Potassium 1012 mg
Sodium 175 mg

JUVEN ingredients:

Arginine 7 g
Glutamine 7 g
HMB 1.3 g



BANANA STRAWBERRY SMOOTHIE

Serves 1

Ingredients:

- 1 package orange-flavored JUVEN®
- $\frac{3}{4}$ cup cup cold whole or 2% milk, or soy milk
- $\frac{1}{2}$ cup vanilla-flavored yogurt
- $\frac{1}{2}$ cup frozen strawberries
- 1 small frozen banana, peeled and cut into 4 pieces

Directions:

Stir JUVEN into milk until powder is dissolved. Pour liquid into a blender. Add remaining ingredients and blend for 30 to 40 seconds. Pour into a glass and serve.

Per Serving:

Cal 366
 Protein 134 g
 Carbohydrate 58 g
 Fat 8 g
 Vitamin C 40 mg
 Calcium 649 mg
 Phosphorus 464 mg
 Potassium 1353 mg
 Sodium 173 mg

JUVEN ingredients:

Arginine 7 g
 Glutamine 7 g
 HMB 1.3 g



ORANGE CREAM FREEZE

Serves 1

Ingredients:

- 1 package orange-flavored JUVEN®
- 1/2 cup cold 2% or whole milk, or soy milk
- 1/2 cup vanilla ice cream or vanilla frozen yogurt
- 1/2 cup crushed ice cubes

Directions:

Stir JUVEN into milk until powder is dissolved. Pour liquid into a blender. Add remaining ingredients and blend for 30 to 40 seconds. Pour into a glass and serve.

Per Serving:

Cal 298
Protein 8 g
Carbohydrate 32 g
Fat 13 g
Vitamin C 0 mg
Calcium 508 mg
Phosphorus 338 mg
Potassium 658 mg
Sodium 145 mg

JUVEN ingredients:

Arginine 7 g
Glutamine 7 g
HMB 1.3 g



SUNNY GROVE SLUSH

Serves 1

Ingredients:

- 1 package orange-flavored JUVEN®
- 1/2 cup cup cold water
- 1/2 cup mango or peach sorbet
- 1 cup crushed ice cubes

Directions:

Stir JUVEN into water until powder is dissolved. Pour liquid into a blender. Add remaining ingredients and blend for 30 to 40 seconds. Pour into a glass and serve..

Per Serving:

JUVEN ingredients:

Cal 230
 Protein 2 g
 Carbohydrate 32 g
 Fat 0 g
 Vitamin C 6 mg
 Calcium 200 mg
 Phosphorus 100 mg
 Potassium 335 mg
 Sodium 25 mg

Arginine 7 g
 Glutamine 7 g
 HMB 1.3 g



ORANGE STRAWBERRY JELL-O®

Serves 1

Ingredients:

- 1 package orange-flavored JUVEN®
- 3 1/2 tablespoons orange- or strawberry-flavored Jell-O®
- 1/2 cup boiling water
- 1/2 cup cold water

Directions:

Stir Jell-O® powder into the boiling water until it is dissolved. Allow this mixture to cool for 10 minutes. Dissolve JUVEN in the cold water. Add this to the cooled Jell-O® mixture. Refrigerate until set.



GRAPE JELL-O®

Serves 1

Ingredients:

- 1 package grape-flavored JUVEN®
- 3 1/2 tablespoons grape- or black cherry-flavored Jell-O®
- 1/2 cup boiling water
- 1/2 cup cold water

Directions:

Stir Jell-O® powder into the boiling water until it is dissolved. Allow this mixture to cool for 10 minutes. Dissolve JUVEN in the cold water. Add this to the cooled Jell-O® mixture. Refrigerate until set.

Jell-O® is not a trademark of Abbott Laboratories.



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.