

Rebuilding Muscles. Rebuilding Lives.™

Therapeutic Nutrition Drink Mix

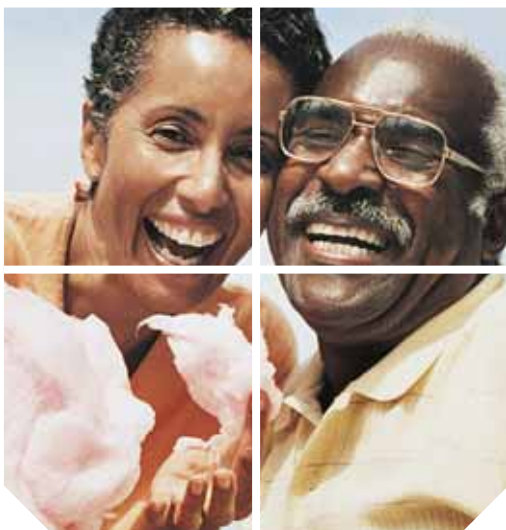
Clinically Shown to:

- Help build lean body mass^{1,2} in people with illness-related weight loss
- Support healing³



Rebuilding Muscles. Rebuilding Lives.™

JUVEN® is a light, refreshing drink mix shown to help build lean body mass^{1,2} and support healing.³ Just two packets a day provide low-calorie, low-carbohydrate therapeutic nutrition.



Adequate nutrition plays a crucial role in healing and protecting against muscle loss. The nutritional needs of people who suffer from disease, injuries, and wounds are higher than those of healthy people. Extra calories, protein, vitamins, and minerals may be needed to maintain a healthy weight or heal damaged tissue. Drinking enough fluid is also vital because it maintains blood volume, which supports circulation. Good circulation helps supply nutrients and oxygen to tissues.

Protecting against muscle loss may make it easier to:

- Remain active and independent
- Feel strong
- Recover from illness or surgery

In some cases, a balanced diet alone may not supply everything your body needs to repair tissues or injuries. So try JUVEN®—therapeutic nutrition scientifically shown to help build lean body mass^{1,2} and support healing.³



JUVEN® may help build lean body mass in people with:

Illness-related weight loss

Illness-related weight loss can be a result of muscle wasting, which occurs 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. This can make it harder for you to stay active or get better after an illness.

Cancer

People with cancer often lose weight and muscle because they burn too many calories, 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.

Immune Deficiencies

For people with HIV/AIDS, nutrition and immune function are closely related.⁴ Good nutrition may help strengthen immune function.⁵ Special ingredients in nutritional products may also improve immune status.¹ And like people with cancer, people with immune deficiencies like HIV/AIDS often lose weight and muscle because they burn too many calories, do not eat enough food, or both.

JUVEN® may help support healing for people with:

- Athletic injuries
- Slow-healing wounds
- General surgical wounds

For individuals who suffer from injuries or wounds, an important step toward healing is the formation of collagen. Collagen is a major component of skin and other tissue, and its creation is an essential part of the body's tissue repair process, including wound closure and organ restoration.

JUVEN is clinically shown to enhance collagen formation in as few as two weeks.³ In a study consisting of JUVEN users and a control group, the wounds in the JUVEN group were shown to have 67% more hydroxyproline (a key building block of collagen).

Sometimes a balanced diet alone isn't enough to help you gain muscle, and rest or therapy isn't enough to help you heal. Illness and injury can cause changes in metabolism that make the body burn more calories than normal, break down muscle, or slow the healing process. JUVEN—there's nothing to lose and everything to gain.



How does JUVEN® work?

JUVEN contains a patented blend of three key ingredients—HMB, arginine, and glutamine. These three components are naturally found in a healthy body.

- **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 healing tissue.³
- **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 collagen synthesis.^{2,3}

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

JUVEN
supports the
immune
system¹

JUVEN
supports
healing⁵

JUVEN is
an excellent
source of
calcium

Change in Lean Body Mass (LBM) with JUVEN²

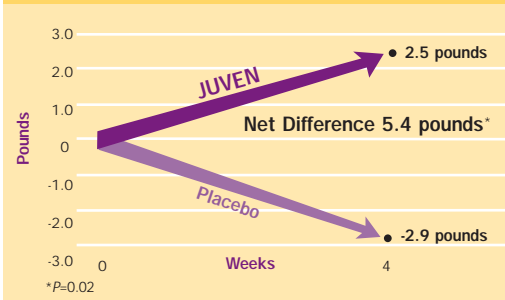
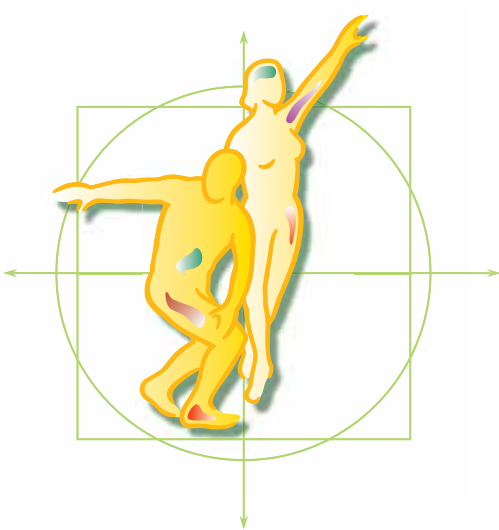


Chart developed from information in May PE: *Am J Surg* 2002;183:471-479.



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.



What does JUVEN taste like?

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



Has JUVEN[®] been studied?

JUVEN has been clinically shown to help build muscle^{1,2} and support wound healing.³ JUVEN was administered to people who had experienced cancer-associated wasting, and it was shown that JUVEN helped increase lean body mass and weight.² JUVEN was also tested with people who had experienced HIV/AIDS-associated wasting, and the study showed that JUVEN helped increase lean tissue. This study also showed an improvement in immune status as evidenced by an increase in CD3 and CD8, and a decrease in the HIV viral load.¹

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.

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.



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.
2. 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.
3. Williams JZ, Abumrad N, Barbul A: Effect of a specialized amino acid mixture on human collagen deposition. *Ann Surg* 2002;236:369-375.
4. Wheeler DA, Gibert CL, Launer CA, et al: Weight loss as a predictor of survival and disease progression in HIV infection. Terry Beinr Community Programs for Clinical Research on AIDS. *J Acquir Immune Defic Syndr Hum Retroviro* 1998;18:80-85.
5. Macallan DC: Nutrition and immune function in human immunodeficiency virus infection. *Proc Nutr Soc* 1999;58:743-748.

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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68801-001/SEPTEMBER 2006 LITHO IN USA
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