

See what all the *plus* is about

- + Supports a healthy immune system
- + Enhances calcium absorption
- + Promotes digestive tract health
- + Helps maintain regularity



*12 fl oz of Ensure Plus per day are needed to get 3 g NutraFlora to enhance calcium absorption.



Ensure Plus® with 
scFOS PREBIOTIC SOLUBLE FIBER

Prebiotics Primer

The balance of gut bacteria contributes to normal intestinal function, digestion, and immune health.

Prebiotics are nondigestible ingredients that stimulate the growth of bacteria. In essence, prebiotics serve as food for bacteria.

Some prebiotics can be broken down by digestive enzymes in the saliva, stomach, and small intestine. Prebiotics that break down early in the digestive tract serve as food for both good *and* bad bacteria.

NutraFlora is a rare form of prebiotic in that it feeds only the good bacteria. When beneficial species of bacteria increase, pathenogenic bacteria tend to decrease.

Start With the GI Tract

Approximately 70% of human immunity is found in the digestive tract

The intestines represent 400 square meters of Gut Associated Lymphoid Tissue (GALT)

- Home to 100 trillion bacterial cells=3 pounds of bacteria

The gut microflora break down fermentable fibers and other carbohydrates that are not digested in the upper GI tract

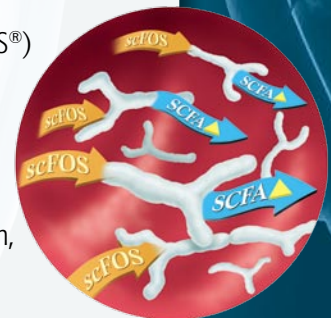
- This breakdown produces fatty acids that are important for supporting a healthy intestinal barrier

▶ Enter NutraFlora

NutraFlora short-chain fructooligosaccharides (scFOS®) are a natural prebiotic soluble fiber

NutraFlora scFOS work in the large intestine. They are not digested in the mouth, stomach, or small intestine

NutraFlora scFOS are food for good bacteria, and only good bacteria, in the large intestine



change for your Ensure Plus® patients.

+ Immune System Response

NutraFlora scFOS selectively fuel the growth of beneficial bifidobacteria and lactobacilli



These good bacteria convert NutraFlora into short-chain fatty acids (SCFAs), the preferred energy source for cells of the large intestine



SCFA production acidifies the colon, creating an unfavorable environment for harmful bacteria to grow^{1,2}

NutraFlora consumption results in the proliferation of GALT, a vital factor in immune response modulation

+ Calcium Absorption

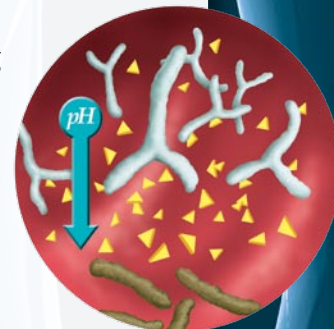
The production of SCFAs lowers luminal pH, improving the conditions for calcium absorption

NutraFlora helps support bone health³⁻⁵

- Healthy adult women and men taking 3 g scFOS per day experience calcium absorption increases of 13-54%*

NutraFlora enhances calcium absorption by increasing levels of calcium binding protein

*12 fl oz of Ensure Plus per day are needed to get 3 g NutraFlora to enhance calcium absorption



+ Digestive Tract Health

NutraFlora is easily fermented and an excellent source of soluble fiber

As an added source of fiber, NutraFlora helps maintain regularity and GI-tract integrity

NutraFlora leads to enhanced water and electrolyte absorption in the colon, critical factors in reducing constipation and diarrhea⁶



Ensure Plus® combines premium nutrition with award-winning taste*

Ensure Plus contains 24 vitamins and minerals and other essential nutrients, providing complete and balanced nutrition

Plant-Based Omega-3 Fatty Acids

- 650 mg, 40% of DV from soy oil and canola oil to support heart health

Vitamin C, E, and Selenium

- These vital antioxidants help support immune function

Calcium and Vitamin D for bone health

Now contains 3 g low-residue fiber to promote digestive tract health

Recommend these five delicious flavors!

Homemade Vanilla

Butter Pecan

Coffee Latte

Creamy Milk Chocolate

Strawberries & Cream



REFERENCES: 1. LaMont JT: Clostridium difficile colitis *N Engl J Med* 1994;330:257-262. 2. Landau SB: Clostridium difficile intestinal disease (CDID) has identifiable high risk subjects, prolongs stays and is very costly. *Gastroenterology* 1997;112:A46. 3. Uenishi K, Ohta A, Fukushima Y, et al: Effects of malt drink containing fructooligosaccharides on calcium absorption and safety of long-term administration. *Jpn J Nutr Diet* 2002;60:11-18. 4. Fukushima Y, Jun CJ, Kegai K, et al: Calcium absorption of malt drink containing fructooligosaccharides and safety in humans. *J Nutr Food* 2002;5:49-60. 5. Ohta A, Sakai K, Takasaki K: The advantages of calcium supplement tablet (candy) containing fructooligosaccharides for the healthy human being. *J Nutr Food* 1999;2:37-43. 6. Bowling TE, Raimundo AH, Grimble GK, Silk DB: Reversal by short-chain fatty acids of colonic fluid secretion induced by enteral feeding. *Lancet* 1993;342:1266-1268

*The ChefsBest™ Award for Best Taste is awarded to the brand rated highest overall among leading brands by independent professional chefs.

NutraFlora and scFOS are not trademarks of Abbott Laboratories.
© 2007 Abbott Laboratories Inc.
71320/DECEMBER 2007

LITHO IN USA

 **Abbott**
A Promise for Life