

Ensure® : WHERE NUTRITION SCIENCE MEETS STRENGTH



ENSURE® LIFE STRENGTHPRO™ IMPROVES MUSCLE MASS, STRENGTH AND IMMUNITY^{1,2}



Greater calf circumference at DAY 90^{1,*,^}

(among subgroup of patients with low ASMI)
n=293
p=0.010



Improved leg strength at DAY 90^{1*}

n=401
p=0.030



4X fewer sick days²
(at day 360, 6 months after completion of the intervention)

n=401
p=0.042

Community dwelling older adults, 65 years old and above, at risk of malnutrition.

ASMI: Appendicular Skeletal Muscle Mass Index.

*When consuming **Ensure® Life 2 serves/day** in conjunction with dietary counseling (DC) compared with the control group who received placebo drink and DC.

^Calf circumference is known surrogate marker of lean mass.

References: 1. Chew ST, et al. Clin Nutr. 2021 Apr 1;40(4):1879-92. 2. Tey SL, et al. ESPEN abstract. 2022; ESPEN22-LB-2227. 3. Zhong K, et al. Eur J Nutr. 2021;60(8):4175-4187. 4. Argilés JM, et al. J Am Med Dir Assoc. 2016;7(9):789-796. 5. Deutz et al. Clin Nutr. 2014;33 (6):929-936.

KEEP YOUR PATIENTS† STRONG AND INDEPENDENT WITH COMPLETE AND BALANCED NUTRITION



HMB & Protein
• Builds & Protects Muscles^{4,5}



YBG & 12 Immunity Nutrients
• Reduces Incidence & Duration of Upper Respiratory Tract Infections³



6 Delicious Flavors
• Plant-based & Sucrose-free Variants

34 nutrients in every serve



HMB: β-hydroxy β-methyl butyrate; YBG: Yeast beta glucan; 12 immunity nutrients: protein, vitamin A, B6, B12, C, D, E, folate, selenium, copper, zinc, and iron that help support the normal function of the immune system.

†Older patients at risk of malnutrition and /or muscle loss;

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