Helping Wounds Heal

What you should eat



Choose foods high in protein











Ensure[®] Enlive[®], Ensure[®] High Protein,

and Ensure[®] Plus

Fish, chicken, meat

Milk, cheese, yogurt

Beans, peas

Nuts, seeds



2 Include nutrition drinks with added HMB, arginine, glutamine, and hydrolyzed collagen in addition to a complete, balanced diet (Juven^{*} offers a unique blend of these key ingredients to help promote wound healing,¹² build lean body mass (LBM)³⁻⁵, and support immune function²)



Juven

Add foods high in vitamins and minerals, especially vitamin C and zinc to help reduce your risk of infection and promote healing

Choose fruits and vegetables in a rainbow of colors to provide essential vitamins and minerals that your body needs. Some examples are:





Spinach, broccoli, cabbage



Blue and purple

Eggplant, blueberries



Bananas, garlic, cauliflower

White

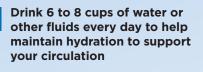
Yellow and orange Carrots, peaches, cantaloupe



Apples, red peppers

How Nutrition Helps:

- Protein builds new skin and muscle
- Glutamine helps cells produce the building blocks needed for new tissue
- Arginine supports blood flow and is a building block for proteins, which can contribute to healing
- Maintaining muscle and organ tissue is vital for normal healing, and proper nutrition plays an important role. If you do not receive proper nutrition, your body may use muscle protein for energy







Juven[®] has been clinically shown to support wound healing in as little as 2 weeks^{1*}

Juven has key ingredients to help patients heal

Sometimes even a balanced diet with the right calories may not be enough to help a wound heal. That's where Juven comes in. Only Juven, a light refreshing drink, has a blend of key wound-healing ingredients that goes above and beyond basic nutrition:

- **Arginine** increases blood flow and is a building block for proteins
- **Glutamine** supports the immune system and promotes new tissue
- HMB slows protein breakdown and enhances tissue growth
- **Hydrolyzed collagen**^{6,7} helps stimulate collagen formation
- Micronutrients Zinc, vitamins C, E, B12 which are important in the wound healing process

For administering Juven orally

- Juven is best when mixed with 8-10 fl oz of water or other liquid. Best when mixed at room temperature.
- Juven can be mixed with fruit juice, yogurt, applesauce, ice cream or other foods and beverages to add variety
- Juven can be mixed ahead of time and best when mixed at room temperature
 - Store in a clean container and consume within 4 hours if kept at room temperature or 24 hours if stored in a refrigerator.
 Use within 24 hours.



Dose: 2 packets per day, orally or by feeding tube.

• Juven is available in Fruit Punch and Orange flavors, and Unflavored

Where to find Juven

- **ven** Available through most home medical equipment (HME) companies
 - Online at www.abbottstore.com or **amazon**
 - In store at your local pharmacy 🛛 🗰 Walgreens.

Name:_____

Nutrition Supplement: 🗌 Juven

Your healthcare provider recommends you drink _____ packets/day for _____ days.

Healthcare Provider Name: _____

Use Juven under medical supervision in addition to a complete, balance diet.

Healthcare Provider Contact information:

1. Williams JZ et al: Ann Surg 2002:236:369-375 2. Kirk SJ et al: Surgery 1993:114:155-160. 3. May PE et al: Am J Surg 2002:183:471-479. 4. Clark RH et al: JPEN J Parenter Enteral Nutr 2000:24:133-139. 5. Smith HJ et al: Cancer res 2005:65:277-283. 6. Sugihara F et al: Jpn Pharmacol Ther 2015;43:1323-1328. 7. Lee SK, et al. Adv Skin Wound Care. 2006;19(2):92-96.



^{*} Studied in healthy elderly adults in a wound healing model, taking two servings per day