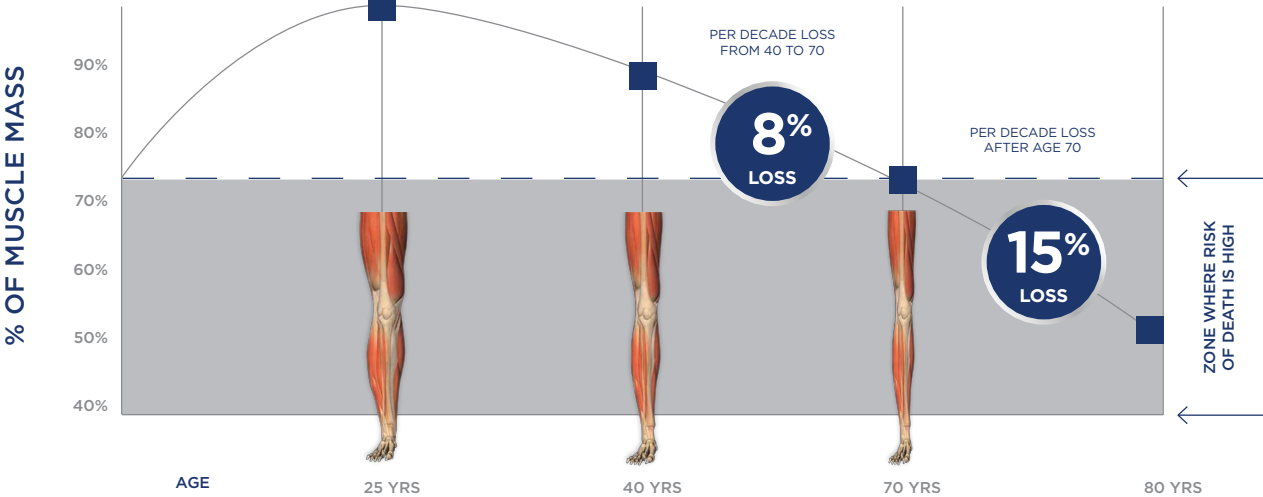


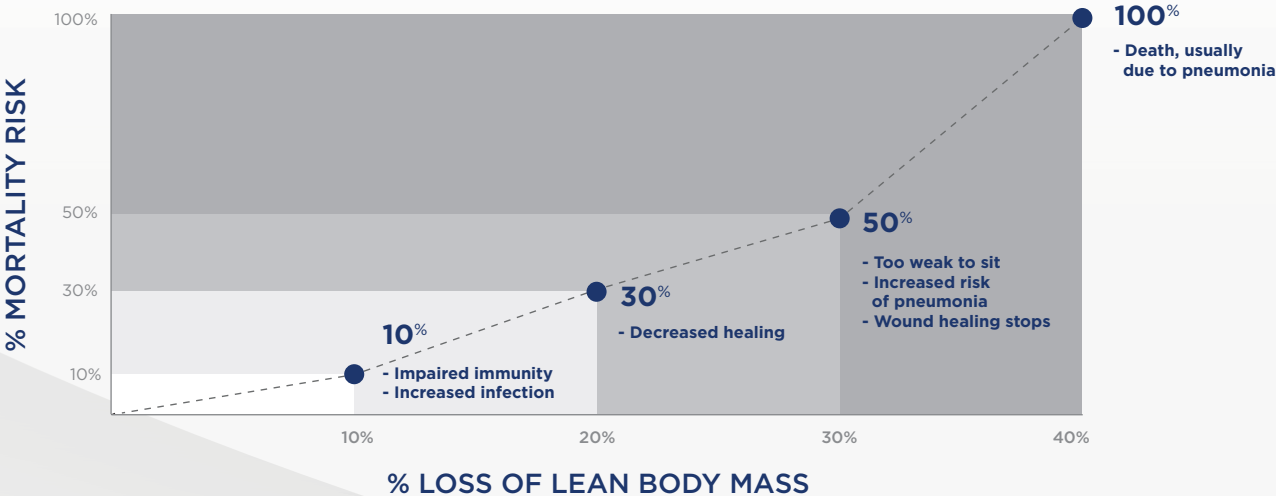
# Loss of Lean Body Mass Can Lead to Functional Decline<sup>1,2</sup>

Loss of lean body mass (LBM) and strength is associated with malnutrition and is also evident with aging<sup>3-7</sup>



- LBM loss increases with age<sup>3-7</sup>
- Sarcopenia is the loss of skeletal muscle mass and function, which occurs with advancing age and compromises recovery and survival<sup>8</sup>

## Complications increase with greater LBM loss<sup>1</sup>



- LBM loss can affect strength, walking, rising out of a chair, climbing stairs, and risk of falls<sup>2</sup>

To learn more about how LBM loss and sarcopenia affect your patients, visit [fightsarcopenia.com](https://fightsarcopenia.com), or contact your Abbott sales representative.

# New Ensure® Enlive® has HMB + 20g Protein

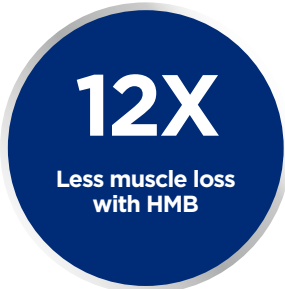
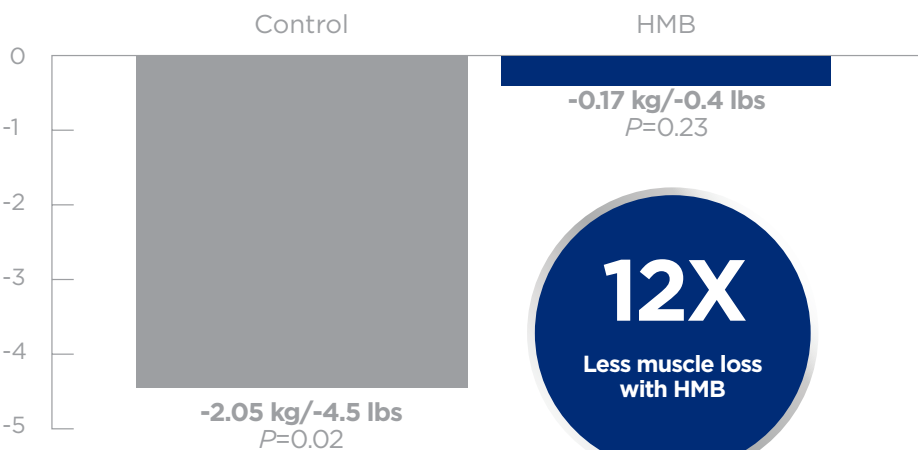
**NEW Ensure Enlive has a patented formula to help improve patient outcomes.<sup>9,10</sup>**

HMB can help reduce protein degradation in skeletal muscle cells.<sup>11</sup>




LOSS OF LEAN BODY MASS (LBS.)

## HMB preserves muscle in older adults<sup>12\*</sup>



**HMB + PROTEIN**

	New Ensure Enlive per 8 fl oz	Ensure® Plus per 8 fl oz
 2X/Day	1.5g of CaHMB	N/A
Two servings per day are recommended to help rebuild lost muscle associated with malnutrition.	20g of high-quality protein (53% more)	13g of high-quality protein
	26 vitamins and minerals	26 vitamins and minerals
	120% DV of vitamin D (50% more)	80% DV of vitamin D
	350 kcal	350 kcal

## STRENGTH FOR LIFE

\*Study Design A randomized, controlled trial evaluated the effect of HMB on muscle decline during 10 days of complete bed rest in women 60 to 79 years of age. Subjects were randomized to receive HMB (n=11) or control (n=8) for 5 days before and 8 weeks after bed rest.

**References:** 1. Demling RH. *Eplasty*. 2009;9:65-94. 2. Morley JE, et al. *J Cachexia Sarcopenia Muscle*. 2014;5:253-259. 3. Baier S, et al. *JPEN J Parenter Enteral Nutr*. 2009;33:71-82. 4. Flakoll P, et al. *Nutrition*. 2004;20(5):445-451. 5. Grimby G, et al. *Acta Physiol Scand*. 1982;115:125-134. 6. Janssen I, et al. *J Appl Physiol*. 2000;89:81-88. 7. Vandewoude MF, et al. *J Aging Res*. 2012;2012:651570. Epub 2012 Sep 13. 8. Cruz-Jentoft AJ, et al. *Age Ageing*. 2014;43:748-759. 9. Data on file. Abbott Nutrition. 10. Deutz NE, et al. A randomized, placebo-controlled clinical trial of readmission and mortality in malnourished, older, hospitalized adults treated with a specialized oral nutrition supplement. ASPEN Clinical Nutrition Week 2016. Austin, TX. 11. Eley HL, et al. *Am J Physiol Endocrinol Metab*. 2008;295:E1417-E1426. 12. Deutz NE, et al. *Clin Nutr*. 2013;32:704-712.