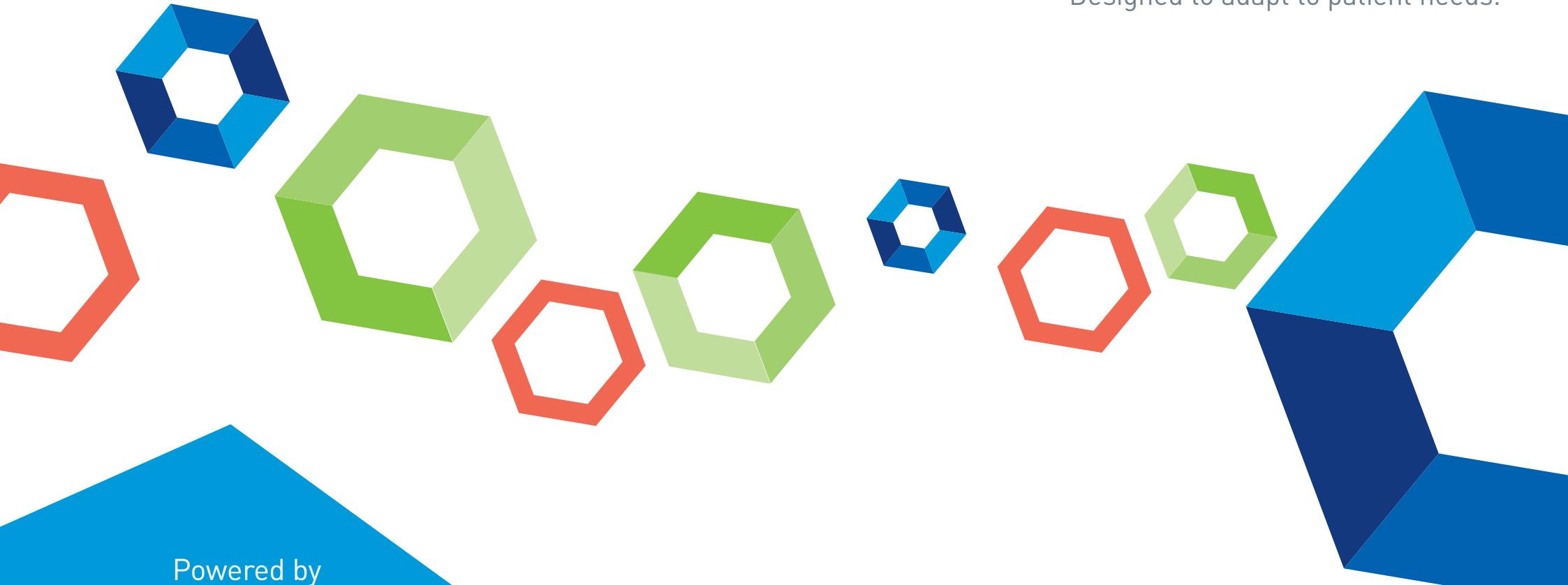


Adult Enteral Nutrition Portfolio

Designed to adapt to patient needs.



Powered by
scientific excellence



PEPTAMEN®

NOVASOURCE®

isosource®

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Reliable + Flexible

Nestle Health Science has been providing best in class Adult Enteral Nutrition solutions for decades.

Powered by scientific excellence we continue to build on our technical know-how, constantly evolving our comprehensive product range. We demonstrate our commitment to enhancing patient outcomes through collaboration with health care professionals in the generation of **scientific research and clinical evidence**.

Nestle Health Science is a compelling forerunner in the provision of complete nutritional solutions world wide for patients who cannot take food by mouth. We are dedicated experts in research, development, innovation, manufacture and distribution and have skill in local product adaptation to encompass clinical and cultural differences.

Nestle Health Science Adult Enteral Nutrition Portfolio follows patients' nutritional journey **from hospital treated critical illness adapting formulas for more stable patients who recover at home**.



Product range

The **three distinct product families** each have individual characteristics which enables you to adapt specialised products for different needs of patients.



Specialised nutritional needs



PEPTAMEN®

For complex needs and reliable tolerance

Peptamen® family with hydrolysed 100% whey protein and medium chain triglycerides which are very well tolerated to facilitate absorption.



NOVASOURCE®

Specialised yet flexible

Novasource® family addresses disturbances of the lower GI tract with PHGG fibre and includes products to help manage certain pathologies, such as blood glucose abnormalities.



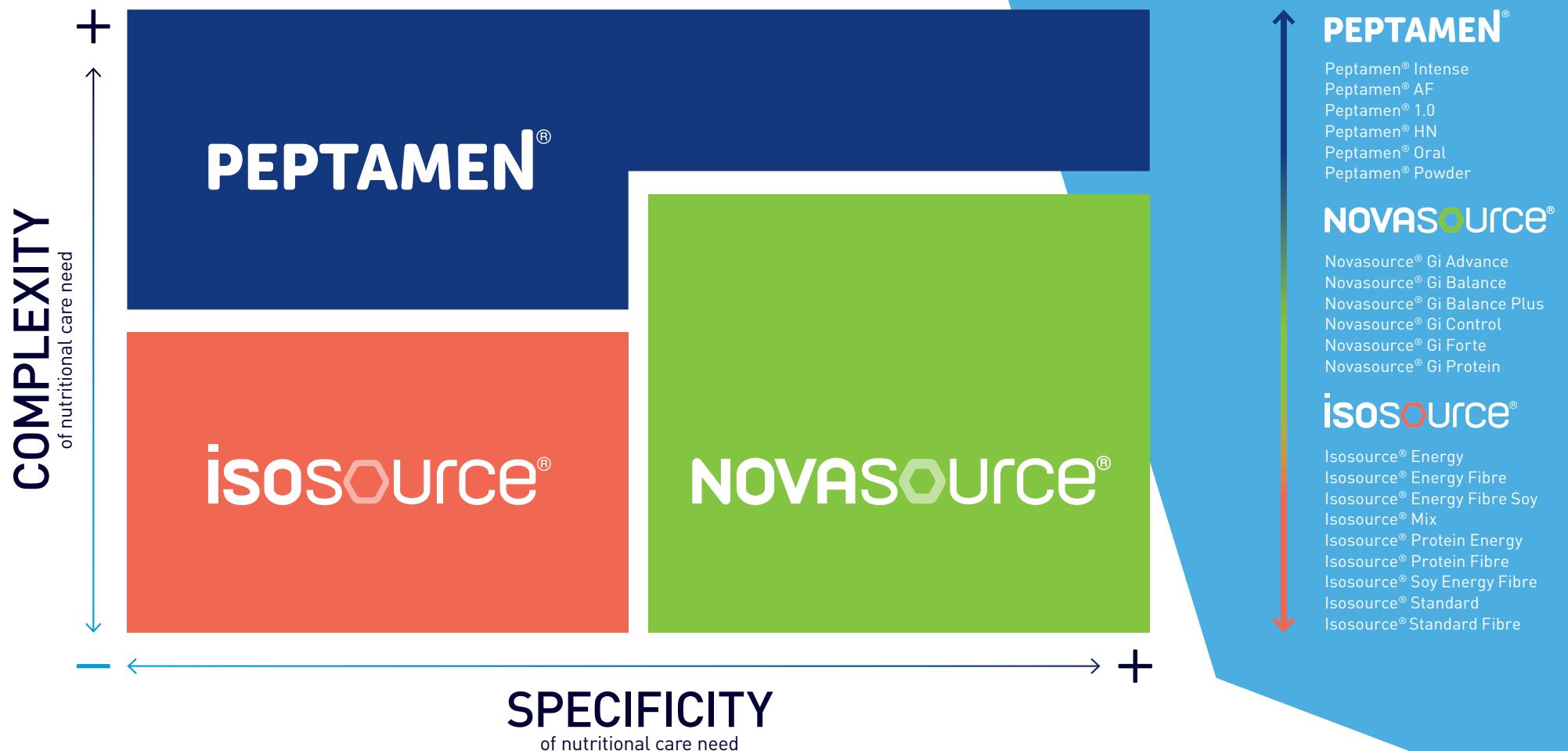
ISOSOURCE®

Reliable core nutrition

Isosource® family offers a wide range of core solutions, with variations in protein energy and fibre combinations.



A portfolio built for **easy navigation**



PEPTAMEN®

Powered by science

PEPTAMEN® is the only family of 100% whey formulas supported by over 25 years of clinical experience and more than 60 published studies.



Studies in a variety of conditions show that Peptamen® formulas:

- Are well-tolerated and associated with improvement in diarrhoea, vomiting and abdominal pain¹⁻³
- Promote progression to goal feeding⁴⁻⁷
- Are associated with superior protein repletion, weight gain and improvement in nutritional status⁴⁻⁹





Key features and benefits of the Peptamen® range:

PEPTAMEN® product	Energy	Protein		Fat	
		Kcal/ml	Hydrolysed 100% whey	Total Energy %	Omega 3
Intense	1.0	✓	37	✓	✓
AF	1.5	✓	25	✓	✓
1.0	1.0	✓	16	✓	✓
HN	1.3	✓	20	✓	✓
Oral	1.0	✓	16	✓	✓
Powder	1.0	✓	16	✓	✓

The Peptamen® Family of products are widely used from hospital to homecare.

Conditions and pathologies where Peptamen® products have been observed to have an impact in the clinical setting include:

Conditions:

- GI intolerance¹²
- Malabsorption syndrome
- Chyle leaks¹⁰
- Inflammation¹¹
- Weight gain or maintenance⁸
- Achievement of feeding goals⁴⁻⁷
- Stress hyperglycaemia

Pathologies:

- Critically ill
- Crohn's disease
- Cystic Fibrosis
- Short bowel syndrome
- Pancreatitis
- Stroke
- Neurological disorders

PEPTAMEN®

For complex needs and reliable tolerance

All Peptamen® products are built around the pillars of hydrolysed **100% whey protein** and **medium chain triglycerides**, which represents at least 50% of the total fat.

With a broad product offering the Peptamen® family includes different combinations of Total Energy (TE) coming from proteins and carbohydrates. Peptamen also comes in flavoured oral and powder formulations.

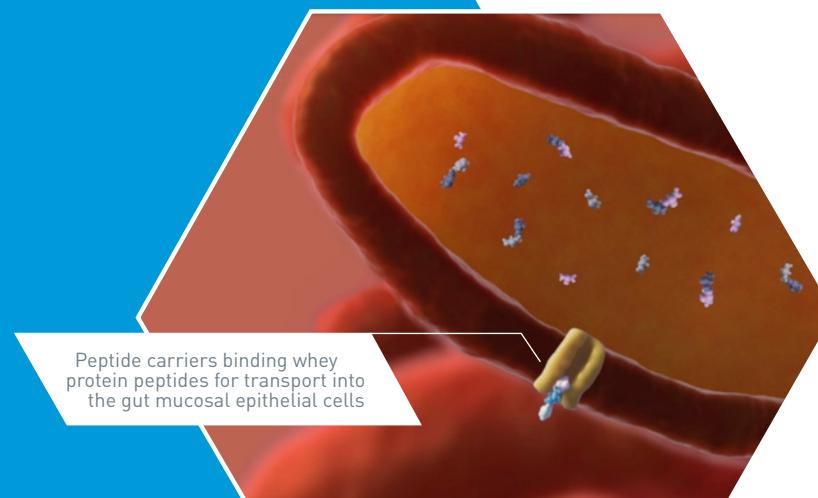
The Peptamen® Family offers a wide range of solutions enabling Health Care Professionals to appropriately choose Peptamen® for complex needs and reliable tolerance across a range of scenarios.

Whey

- Whey protein is a high quality protein containing all essential amino acids with a PDCAAS* score of 1
- Whey proteins are classified as 'rapid release' proteins¹³⁻¹⁶, because they empty from the stomach and are metabolized faster than many other proteins
- Whey remains in a liquid form, while casein coagulates. This coagulation alters the kinetics of the stomach so contents are more slowly released as a solid rather than the efficient rapid emptying of liquids

Hydrolysis

- Hydrolysis means that the proteins are broken into smaller peptide chains facilitating absorption and digestion. These whey protein peptides contain branched-chain amino acids which stimulate protein synthesis and help maintain lean body mass
- Peptides are easily absorbed even when the gut is impaired. They bind to peptide carriers, are transported into the mucosal epithelial cells and are further broken down into simple amino acids where absorption into the bloodstream occurs

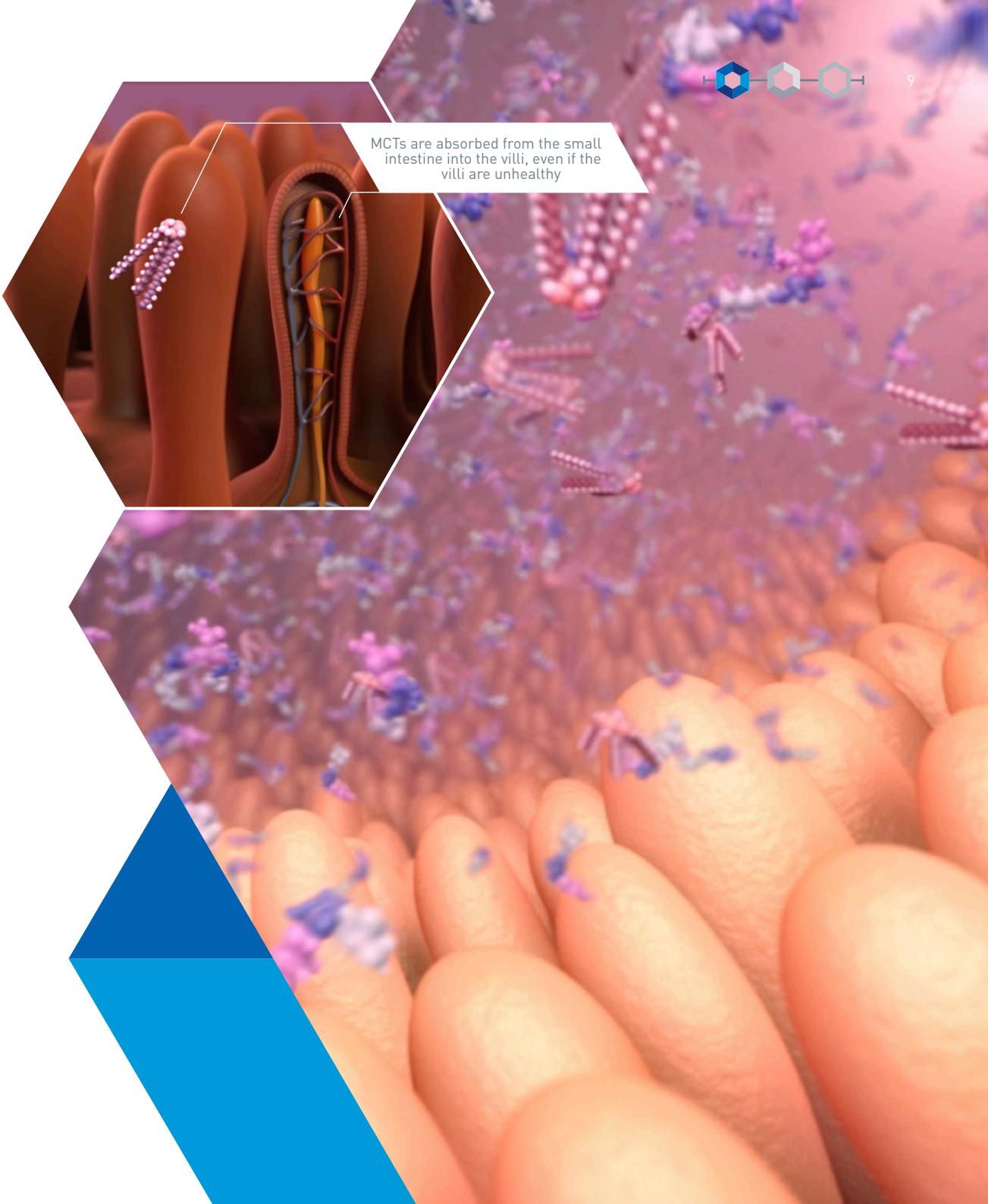


* Protein Digestibility Corrected Amino Acid Score (PDCAAS) is a measure of protein quality. A score of 1 means that the protein contains all essential amino acids in quantities that correspond to human requirements



Medium Chain Triglycerides (MCTs)

- In our normal diets we need to break down Long Chain Triglycerides (LCTs) to Medium Chain Triglycerides (MCTs) in order to absorb essential fatty acids
- MCTs provide a simpler metabolic process as they do not need breakdown from bile salts or pancreatic enzymes so travel directly from the gut mucosa to the liver where they are rapidly converted to energy
- MCTs are therefore useful in critical illness, liver or pancreatic dysfunction, and in pathologies where the enzymes needed for fat breakdown are compromised



Insulinotropic

- Insulin resistance and hyperglycemia are common in the acute care setting and significantly increase the risk of complications and death¹⁷⁻¹⁹
- Whey protein may have a positive effect on glycemic response and increases insulin sensitivity²⁰

PEPTAMEN® INTENSE

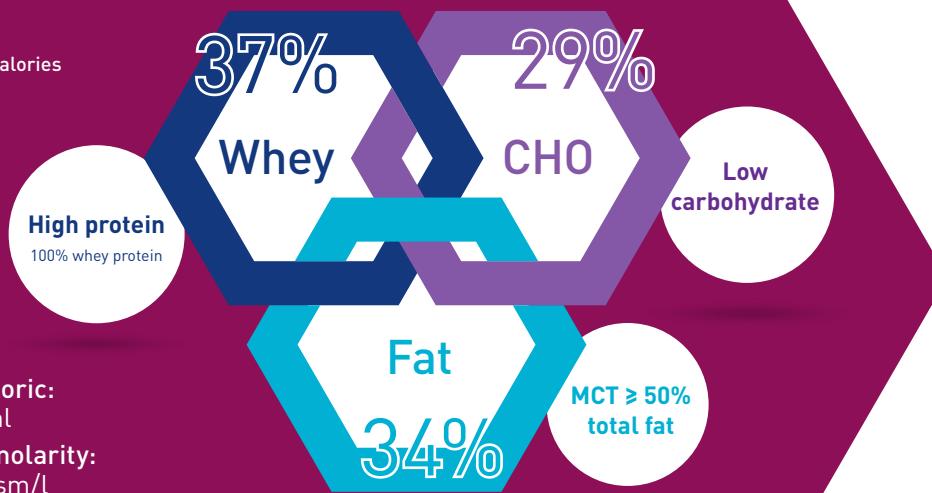
High protein low carbohydrate enteral formula



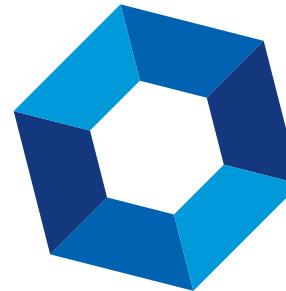
Optimises delivery of protein and energy in critically ill patients.

Peptamen® Intense contains a unique blend of nutrients.

Composition of total calories

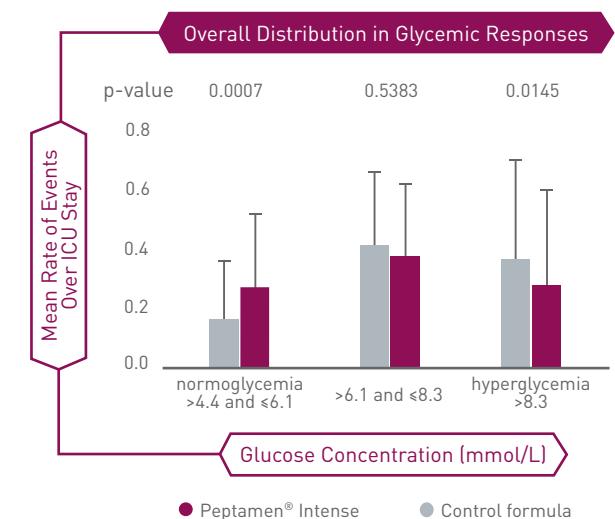


- Normocaloric: 1,0 kcal/ml
- Low osmolarity: 278 mOsm/l



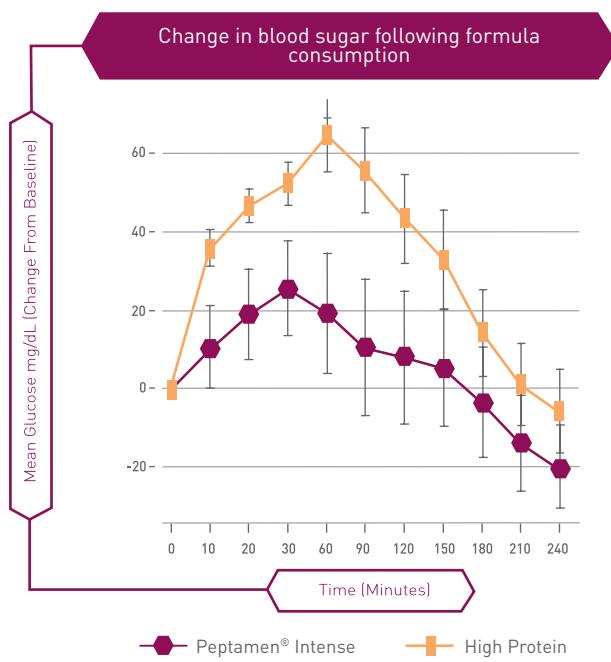
Metabolic impact clinically demonstrated

Shown to facilitate **blood glucose** management in ICU patients²⁴⁻²⁵



- 13% reduction in incidence of hyperglycemia ($p = 0.0145$)
- 14% increase in incidence of normoglycemia ($p < 0.01$)
- 11% reduction in glycemic excursions ($p = 0.01$)
- 11% reduction in the frequency of insulin administration ($p = 0.048$)

Shown to provide **better control** of postprandial blood glucose when compared to whey/casein formulas



Better postprandial blood glucose with Peptamen® Intense:

- Lower peak blood glucose level
- Difference in blood glucose level remains significant at 180 min
- Clinical trends towards lower endogenous insulin production, as measured by serum insulin

The use of Peptamen® Intense allowed for **increased protein provision without increasing caloric intake** in adult critically ill patients receiving propofol.

	VHP EN group	STD EN group	p-value
Daily Propofol Dose	19.5 mL/hr (516.6 kcal/day)	19.0 mL/hr (492.0 kcal/day)	NS
Protein Intake	97.9 ± 28.6 g/day	81.7 ± 19.5 g/day	p=0.044
Caloric Intake (EN only)	1077.1 ± 314.7 kcal/day	1333.2 ± 329.2 kcal/day	p=0.016
Caloric Intake (Total)	1593.7 ± 393 kcal/day	1825.2 ± 398.1 kcal/day	p=0.072

- Propofol accounted for apprx 500 kcal/day
- Protein intake was significantly higher in the Peptamen Intense (VHP EN) group (p=0.044)
- Daily caloric intake from enteral formula alone was significantly less in the Peptamen® Intense group (p=0.016)
- Peptamen® Intense allows for provision of nutrients in line with guidelines also in patients receiving substantial non-nutritional calories (e.g. from propofol)

NOVASOURCE®

Specialised yet **flexible**

Novasource® products are developed to offer nutrition for patients with disease specific needs.

- Proven to increase lower gastrointestinal tolerance due to the unique **partially hydrolysed guar gum fibre (PHGG)**
- Specific formulas available for **a range of chronic illnesses** such as kidney disease, diabetes and hyperglycaemia
- Can deliver a range of products according **patients' particular nutritional status**

Reliably flexible
Novasource® products



The Novasource® portfolio contains products for your patients changing needs.

- Adapted carbohydrate blend
- High quality protein
- Adapted lipid blend
- Specialised PHGG fibre blend

Specialised nutritional needs in one streamlined and easy to navigate product range, so you can deliver optimal nutritional care across a range of ailments.

Key features and benefits of the Novasource® range:

NOVASOURCE® product	Energy	Protein			Fat	Fibre
	Kcal/ml	Milk protein caseinates	Other	Total Energy %	MCTs ≥ 20% TE	PHGG
Gi Advanced	1.5	✓	Whey	25	✓	
Gi Balance	1.07	✓		18	✓	
Gi Balance Plus	1.5	✓		20	✓	
Gi Control	1.1	✓		15	✓	✓
Gi Forte	1.5	✓		15	✓	✓
Gi Protein	1.17	✓		21	✓	✓
Renal	2.0	✓	Soy	18		



NOVASOURCE®

Partially Hydrolysed Guar Gum

Many of the physiological effects of PHGG are due to its fermentation by colonic bacteria which leads to the production of Short Chain Fatty Acids, (SCFA) which exert various positive effects on colonic function.

PHGG fermentation increases production of beneficial SCFA, including butyrate, compared to other fibre sources such as: inulin, polydextrose and psyllium.³⁴

PHGG and Diarrhoea

SCFAs help regulate water and electrolyte absorption in the colon which may help normalize stool consistency.³⁰⁻³¹

Increased bacterial mass from fermentation increases fecal bulk, which also contributes to regularity of bowel movements.³⁰

PHGG and Microbiome

Butyrate is considered the most important SCFA for colonic health, and is the preferred fuel for colonic epithelial cells, which metabolize 60-70% of the SCFA produced.³²

PHGG supports intestinal flora balance by promoting growth of beneficial bacterial strains, lactobacilli and bifidobacteria.³³

PHGG and Blood Glucose

PHGG has been shown to significantly reduce plasma glucose compared to a fiber-free formula in ICU patients.³⁵

PHGG significantly reduced plasma and capillary glucose levels, and insulin requirements, in patients with diabetes or stress induced hyperglycemia.³⁶

Preservation of barrier function and help in bacterial translocation³⁷

Decrease in colonic pH³⁶

Enhancement of sodium and water absorption³⁰

PHGG

Promotion of colonic trophism and healing³¹

Supports blood glucose control³⁵

Improvement in stool consistency^{36,38}



ESPEN recommends the use of PHGG to prevent enteral nutrition induced diarrhoea in post-surgical and in critically ill-patients³⁹

ESPEN 2018 Guideline on clinical nutrition and hydration in geriatrics

"...fiber containing products for EN have been shown to contribute to normal bowel function and are, thus, generally recommended.

...enterally nourished patients should not be deprived of the well-known beneficial metabolic effects of dietary fiber."

Daily amounts of 25g are considered adequate for normal laxation for adults of all ages and can be considered.⁴⁵

Powered by PHGG the Novasource® family of products, deliver multiple benefits*



PHGG is a 100% soluble dietary fibre, a highly viscous fibre extracted from the guar plant⁴¹

PHGG is guideline-recommended for diarrhoea prevention⁴⁰

PHGG is a water-soluble fibre with strong clinical support in the management of diarrhoea⁴⁰⁻⁴⁴

Its special composition as native guar gum means that it ferments more slowly than short chain fibres (such as inulin and FOS**)

This may influence tolerance as rapidly fermenting fibres are associated with increased gas



* Novasource renal does not contain PHGG.

**FOS, fructo-oligosaccharide.

NOVASOURCE®

Novasource Gi Balance and Novasource Gi Balance Plus

A sole source of nutrition with PHGG to further support blood glucose management and a healthy gut microbiota

Recent position statements and guidelines support the use of diabetes specific formulations for patients requiring support in the management of blood glucose.

Re-formulated to improve tolerance whilst addressing **specific needs of patients** facing abnormalities in blood glucose such as **diabetes** and **stress hyperglycemia**.

The key elements of Novasource® Gi Balance/Balance Plus

compared to standard tube feeding are:

- Lower carbohydrate content; Total Energy (TE) 32-39% including slowly digestible carbohydrate, isomaltulose, to help manage blood glucose response⁴⁶
- Inclusion of 100% soluble PHGG fiber 20-22g/L

- High quality protein TE 18-20%
- Higher Fat content, TE 39-45%, enriched in unsaturated fatty acids, especially monounsaturated fatty acids (MUFA)



Reduction in available carbohydrate content with simultaneous increase in the MUFA content has demonstrated positive outcome on lipid management and glucose control.

Novasource Gi Balance and Novasource Gi Balance Plus may be used as sole source nutrition.

* Eicosapentaenoic acid and docosahexaenoic acid - omega 3 fatty acids

**The PDCAAS method has been adopted by the United Nations Food & Agricultural Organization (FAO) and the World Health Organization (WHO) as the preferred method for evaluating food protein

Powered by science

Isomaltulose enriched carbohydrate blend

- Slowly hydrolysed by intestinal enzymes allowing for slow release of glucose
- Low glycemic response to help control blood glucose
- Naturally occurring in honey and sugar cane juice⁴⁷

Adapted Lipid Blend

- High amount of mono unsaturated fatty acids (MUFA)
 - known to improve glycaemic control and lipoprotein profiles in type II diabetes patients⁴⁸
- Low Saturated Fatty Acids (SFA) and Trans fat
 - a diet with decreased SFA and increased MUFA, was shown to improve insulin sensitivity⁴⁹
- Meets EPA/DHA* requirements⁵⁰⁻⁵²

High Quality Protein

- 100% milk protein
- Protein Digestibility Corrected Amino Acid Score (PDCAAS)** = 1.0
 - meaning it contains all essential amino acids in quantities that correspond to human requirements at higher concentrations than in the reference scoring protein

Partially Hydrolysed Guar Gum (PHGG)

- To prevent enteral nutrition induced diarrhoea in post surgical and in critically ill-patients supplementing enteral nutrition with PHGG is effective (Level A Recommendation)⁵³
- PHGG can be used successfully in patients in enteral nutrition lowering the incidence of diarrhoea. PHGG has been proven to be safe and effective in promoting gut health⁵⁴
- Has been shown to have an effect on plasma blood glucose



isosource®

Reliable core nutrition

Isosource® Adult Enteral Nutrition:
A reliable + flexible partner for short-
and long-term stages of patient recovery.

The Isosource® family is composed of nutritionally complete formulas intended for the **dietary management of undernourished patients or those at risk of malnutrition**, allowing you to choose a formula that best meets your patient's specific requirements.

- These include products of different total energy and variations in their macro-nutrient content with choice of with or without fibre. Specialty products include soy protein and natural ingredients

Isosource® products provide high quality sole source nutrition including fish oils providing **Omega 3 fatty acids** and Medium Chain Triglycerides as **20% of fat composition**.

- Core solutions to meet the fundamental nutritional needs of a wide range of your more **stable patients**, from short- to long-term care, and from **hospital to home**



Key features and benefits of the Isosource® range:

Isosource® product	Energy	Protein			Fat		Fibre	Natural Ingredients
	Kcal/ml	Milk protein caseinates	Other	Total Energy %	Omega 3	MCTs	Soluble:insoluble 50:50	
Standard	1.0	✓		16	✓	✓		
Standard Fibre	1.03	✓		15	✓	✓	✓	
Standard Energy	1.57	✓		16	✓	✓		
Standard Energy Fibre	1.6	✓		15	✓	✓	✓	
Protein	1.3	✓		21	✓	✓		
Protein Fibre	1.33	✓		20	✓	✓	✓	
Soy Energy Fibre	1.53	Soy		13		✓	✓	
Mix	1.09	✓		16	✓	✓	✓	✓

isosource®

Powered by science

Isosource® products can provide:

- High energy concentration for patients with increased energy requirements and/or fluid restriction
- High protein concentration specifically for patients with increased protein needs
- A 50:50 ratio of soluble and insoluble fibre
- Prebiotics (acacia gum, inulin) to help improve gut health and reinforce immune protection during feeding and illness
- The Isosource® Family contain raw materials that are naturally gluten free
- Isosource® Soy Energy Fibre provides vegetable source of protein



Fibre

- Fibre-containing formulas within the Isosource® range are formulated with a blend composed of 50:50% soluble and insoluble fibres
- This ratio was chosen to provide a dose of prebiotic fibres to optimise GI tolerance
- The soluble component of the fibre blend includes fructo-oligosaccharide/inulin and acacia gum, while the insoluble portion is composed of outer pea fibre

Micronutrients (vitamins, minerals, trace elements)

Essential to maintain normal health (inadequate supply can trigger unwanted clinical conditions).

MCTs

Easily absorbed, providing a rapid source of energy.

- Contains at least 20% MCTs
- For whole range, 20% of the total amount of fat are MCTs, which are easily absorbed to provide a rapid source of energy

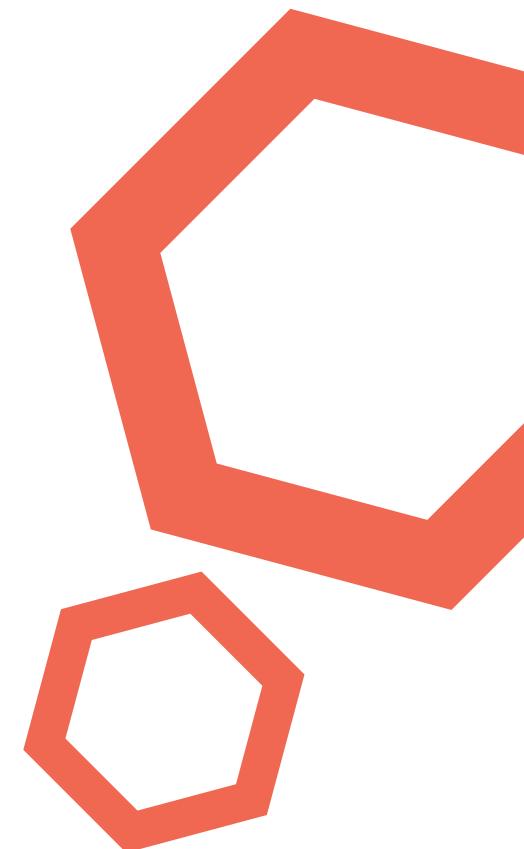
EPA / DHA*

Known to support cardiovascular health with long-term use.

- 500 mg of EPA + DHA /1500 kcal complete daily feeding

Within World Health Organisation recommendations.

- Provides 3-6% total energy of omega-6, 1-2% of omega-3



Prescription guidance:

Key: Brand (proteins / 100ml)

■ Peptamen® Intense (9.3g)

■ Novasource® Gi Advance (9.6g)

■ Peptamen® AF (9.4g)

■ Novasource® Gi Balance Plus

■ Isosource® Proteins (6.7g)

■ Isosource® Proteins Fibre (6.7g)

■ Peptamen® HN (6.6g)

■ Novasource® Gi Forte (6g)

■ Novasource® Gi Control (4.1g)

■ Isosource® Standard (3.9g)

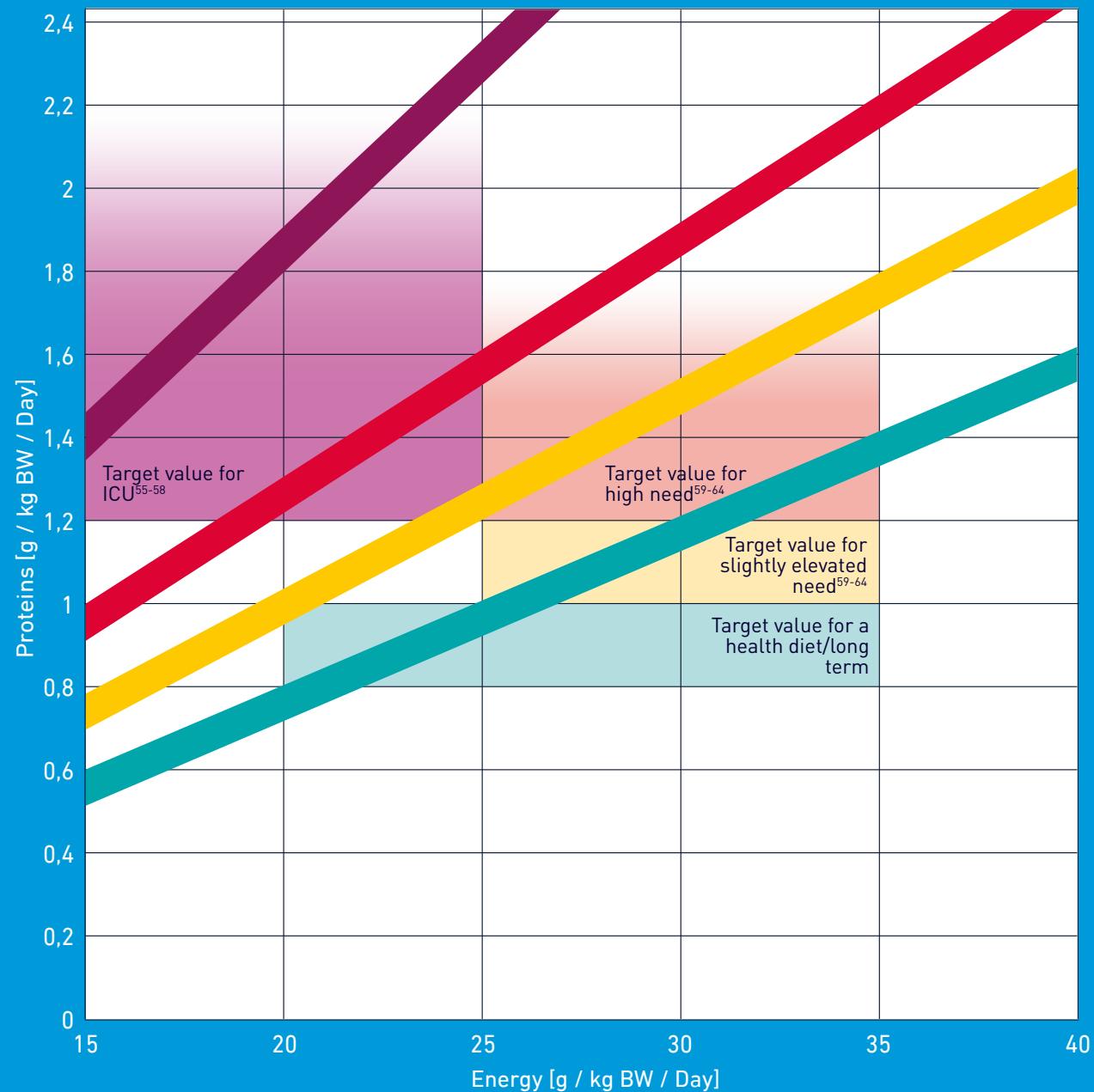
■ Isosource® Standard Fibre (3.9g)

■ Isosource® Energy (6.1g)

■ Isosource® Energy Fibre (6.1g)

■ Isosource® Mix (4.4g)

■ Peptamen® (4g)



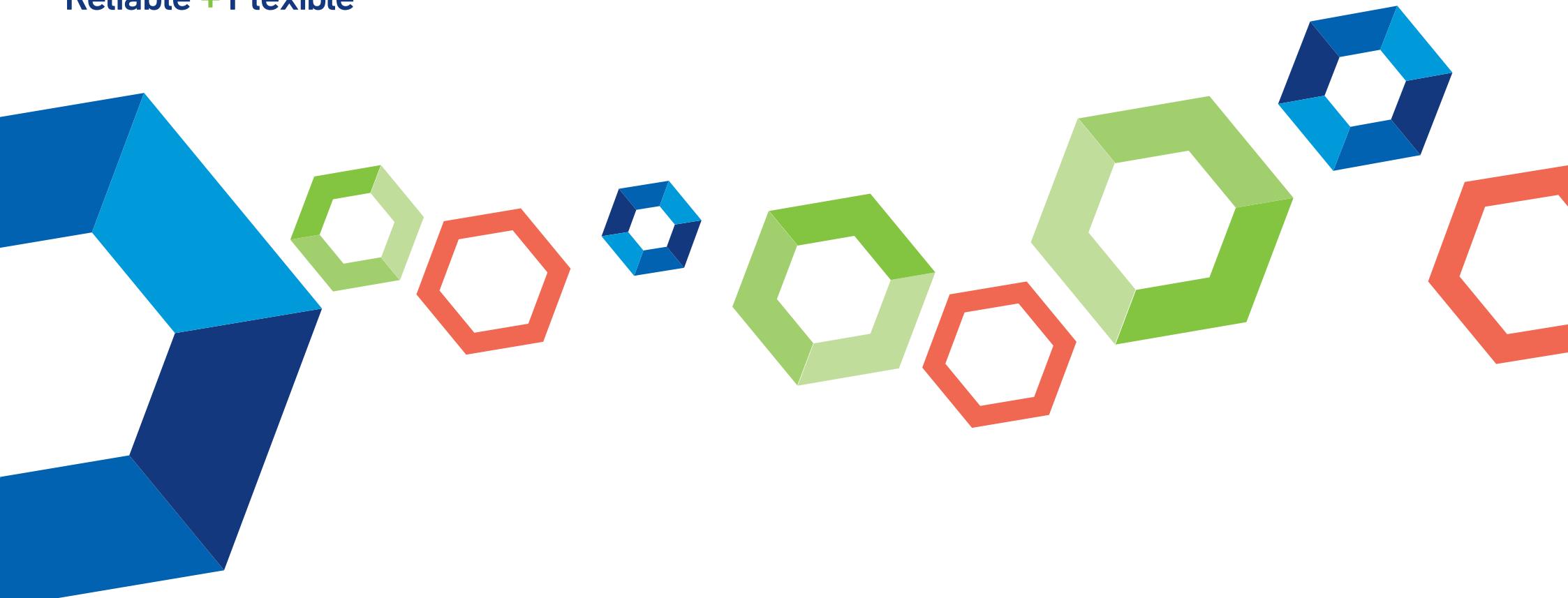


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Adult Enteral Nutrition Portfolio

Reliable + Flexible



PEPTAMEN®

NOVAsource®

isosource®

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