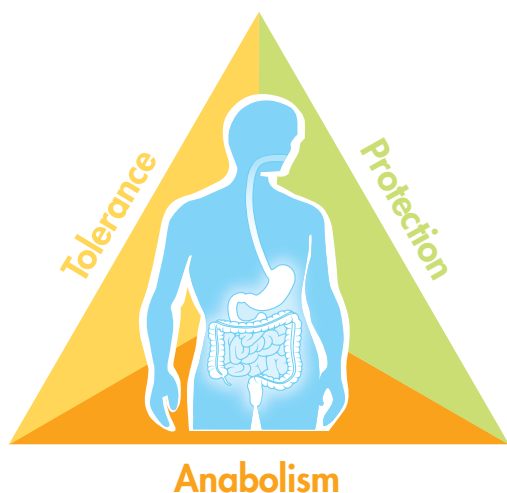


THE POWER OF WHEY



WHEY PROTEIN PROVIDES

exceptional quality and proven benefits

Whey Protein has been shown to:

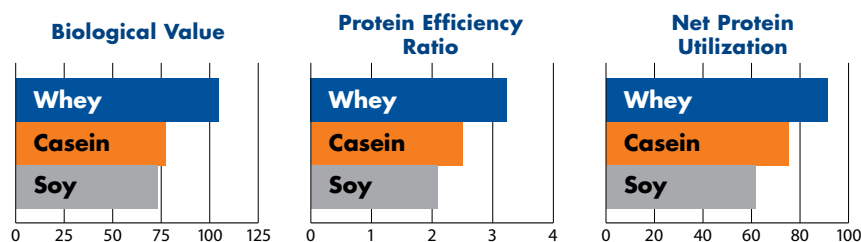
- Promote anabolism, growth and development¹⁻⁸
- Improve GI tolerance^{9,12}
- Help protect against free radicals through support of the body's antioxidant defenses¹³⁻²⁰

Anabolism, Growth and Development

Whey protein offers exceptional protein quality and helps promote anabolism

- Exerts higher peak postprandial levels of plasma amino acids compared to casein³
- High level of branched-chain amino acids (leucine, isoleucine and valine), supporting lean body mass anabolism⁴⁻⁶
- Ideal protein source for nutrition support during metabolic stress⁷

Comparison of Protein Quality⁸

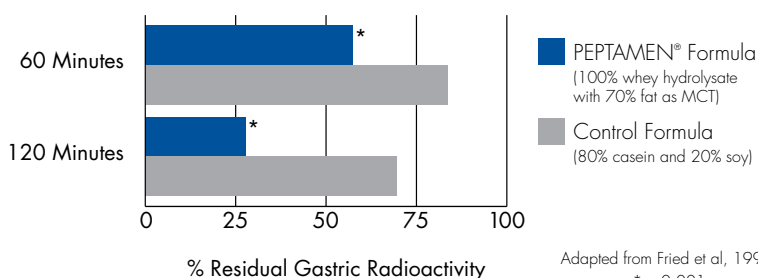


GI Tolerance

Whey peptides help facilitate GI tolerance

- Associated with reduction of diarrhea^{9,10}
- Found to improve gastric emptying time, which may be an important consideration in patients with an increased risk of regurgitation and aspiration^{11,12}
- Whey hydrolysate formulas with 70% MCT have faster gastric emptying than casein-predominant formulas^{11,12}

Effect of 100% Whey-Based Formula vs. Casein-Predominant Formula on Gastric Emptying Time¹¹



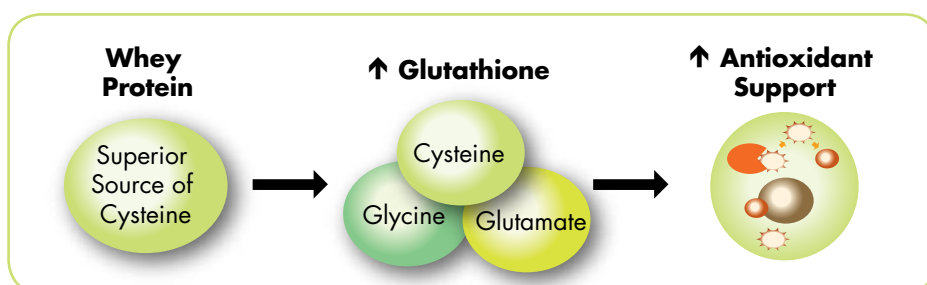
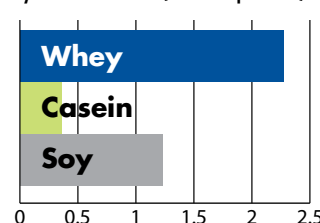
Adapted from Fried et al, 1992.
*p<0.001 vs. control

Protection

Whey protein helps support the body's antioxidant system in its defense against damaging free radicals

- Superior source of cysteine, the rate-limiting amino acid for glutathione synthesis¹³⁻¹⁵
- Shown to replete glutathione status in depleted patients^{13,16}
- The tripeptide glutathione is a potent intracellular antioxidant and plays a major role in neutralizing free radicals that can cause oxidative stress^{15,17-19}

Cysteine Content (% total protein)²⁰



For tolerance, absorption, and protection, whey protein is the superior choice

Products Containing Whey Protein

FORMULA	50% WHEY, 50% CASEIN	100% WHEY, ENZYMATICALLY HYDROLYZED	100% WHEY
NUTREN JUNIOR®	✓		
NUTREN JUNIOR® FIBER	✓		
PEPTAMEN®		✓	
PEPTAMEN® 1.5		✓	
PEPTAMEN® OS		✓	
PEPTAMEN® OS 1.5		✓	
PEPTAMEN AF®		✓	
PEPTAMEN® WITH PREBIO™		✓	
PEPTAMEN JUNIOR®		✓	
PEPTAMEN JUNIOR® FIBER		✓	
PEPTAMEN JUNIOR® 1.5		✓	
PEPTAMEN JUNIOR® WITH PREBIO™		✓	
RESOURCE® BENEPROTEIN®			✓
RESOURCE® BREEZE			✓

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