

# Helping Wounds Heal

## What you should eat

### 1 Choose foods high in protein



Fish, chicken, meat



Milk, cheese, yogurt



Beans, peas



Nuts, seeds



Ensure® Enlive®,  
Ensure® High Protein,  
and Ensure® Plus

### 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,<sup>1,2</sup> build lean body mass (LBM)<sup>3-5</sup>, and support immune function<sup>2</sup>)



Juven®

### 3 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:



#### Green

Spinach, broccoli, cabbage



#### Yellow and orange

Carrots, peaches, cantaloupe



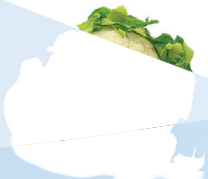
#### Red

Apples, red peppers



#### Blue and purple

Eggplant, blueberries



#### White

Bananas, garlic, cauliflower

### 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

### 4 Drink 6 to 8 cups of water or other fluids every day to help maintain hydration to support your circulation



# Juven<sup>®</sup> has been clinically shown to support wound healing in as little as 2 weeks<sup>1\*</sup>

## 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<sup>6,7</sup>** — 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.
- Juven is available in Fruit Punch and Orange flavors, and Unflavored



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

## Where to find Juven

- Available through most home medical equipment (HME) companies
- Online at [www.abbottstore.com](http://www.abbottstore.com) or **amazon**
- In store at your local pharmacy



Name: \_\_\_\_\_

Nutrition Supplement: ☐ Juven

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

Healthcare Provider Name: \_\_\_\_\_

Healthcare Provider Contact information: \_\_\_\_\_

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

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

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.