

COMPLETE, BALANCED NUTRITION
Ensure®

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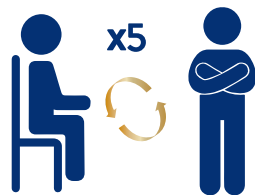
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STAND 4 STRENGTH

Scan the QR code below to access full instructions for the 5 Times Sit-to-Stand and discover your muscle age.



TEST YOUR STRENGTH WITH THE 5 TIMES SIT-TO-STAND



Sit on a chair with your arms crossed and stand as quickly as you can. Repeat 5 times and record the total time taken.

TRY ENSURE TODAY



Ensure is available at pharmacies.

Food for Special Medical Purposes. Use under medical supervision.

Abbreviations: FODMAP: fermentable oligosaccharides, disaccharides, monosaccharides and polyols; FOS: fructo-oligosaccharide.

References: 1. Huynh DT, et al. *J Hum Nutr Diet.* 2015; 28(4):331–343. 2. Ensure® Powder Product Label. 3. Ensure® Neutral Product Label. 4. Baier S, et al. *JPEN J Parenter Enteral Nutr.* 2009;33(1):71–82. 5. Cruz-Jentoft AJ, et al. *Age Ageing.* 2019;48(1):16–31. 6. Cruz PLM, et al. *Eur J Clin Nutr.* 2022;76(2):244–250. 7. Prado CM, et al. *Clin Nutr.* 2022;41(10):2244–2263. 8. Wang DXM, et al. *J Cachexia Sarcopenia Muscle.* 2020;11(1):3–25. 9. Yeung SSY, et al. *J Cachexia Sarcopenia Muscle.* 2019;10(3):485–500. 10. Zhang H, et al. *Asia Pac J Clin Nutr.* 2021;30(3):415–423.

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TRY ENSURE TO HELP PROTECT AND PRESERVE YOUR MUSCLE STRENGTH¹⁻²



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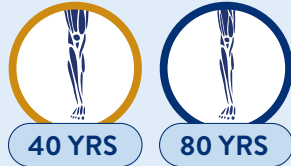
Understanding muscle loss

TRY ENSURE

Ensure is clinically shown to support muscle health^{9,10}

DID YOU KNOW?

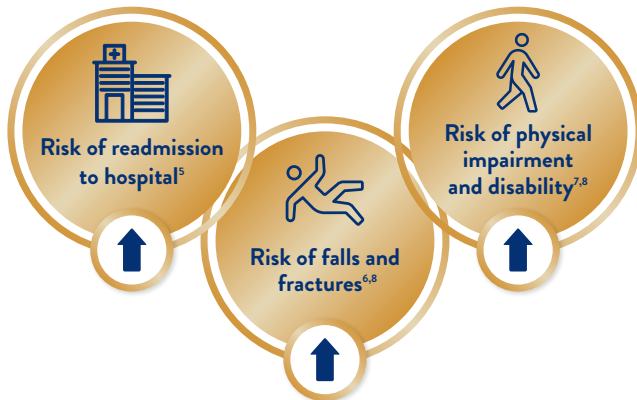
Between the ages of 40 and 80, it's possible to experience a loss of up to 33% of muscle mass.^{†4}







This muscle loss can be accelerated by disease, inactivity (e.g. limited mobility or bedrest), and poor nutrition.⁵

[†]Estimated based on an 8% decrease in lean body mass every decade after the age of 40 years, increasing to a rate of 15% per decade after the age of 70.⁴

Poor muscle health is associated with:



FOR COMPLETE, BALANCED NUTRITION:^{1,2}

-  **Complete, balanced nutrition**
28 vitamins and minerals
-  **Muscle strength**
High quality protein and vitamin D
-  **Healthy bones**
Calcium, phosphorus and vitamin D
-  **Immune & digestion support**
Prebiotic fibre (FOS)[^]

[^]Ensure Neutral is fibre free and low FODMAP based on ingredients.³



Significant improvements in **muscle mass, strength & function**^{†10}

[†]Compared with baseline in 160 adults aged >60 years with malnutrition or at risk of malnutrition.¹⁰

How to prepare



PRESSED SCOOPS



WATER



MIX



^{*}Ensure Neutral requires 200 mL

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