Loss of Lean Body Mass Can Lead to Functional Decline\textsuperscript{1,2}

- LBM loss increases with age\textsuperscript{3-7}
- Sarcopenia is the loss of skeletal muscle mass and function, which occurs with advancing age and compromises recovery and survival\textsuperscript{8}

Complications increase with greater LBM loss\textsuperscript{1}

- LBM loss can affect strength, walking, rising out of a chair, climbing stairs, and risk of falls\textsuperscript{2}

To learn more about how LBM loss and sarcopenia affect your patients, visit 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.9,10

HMB can help reduce protein degradation in skeletal muscle cells.11

HMB preserves muscle in older adults12*

-2.05 kg/-4.5 lbs
\( P=0.02 \)

-0.17 kg/-0.4 lbs
\( P=0.23 \)

-2X/Day

Two servings per day are recommended to help rebuild lost muscle associated with malnutrition.

<table>
<thead>
<tr>
<th></th>
<th>New Ensure Enlive per 8 fl oz</th>
<th>Ensure® Plus per 8 fl oz</th>
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</thead>
<tbody>
<tr>
<td>1.5g of CaHMB</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>20g of high-quality protein (53% more)</td>
<td>13g of high-quality protein</td>
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<tr>
<td>26 vitamins and minerals</td>
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<tr>
<td>120% DV of vitamin D (50% more)</td>
<td>80% DV of vitamin D</td>
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<tr>
<td>350 kcal</td>
<td>350 kcal</td>
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*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.