

Nutrition to help you stay you



HMB
+PROTEIN

Our most advanced nutrition shake, combining HMB + protein to help rebuild lost muscle

Ensure
ALWAYS
STAY YOU™

Never stop being you



Feeling more tired than usual?
Not as strong as you once were?

Without strength and energy, it might be hard to feel like yourself and keep doing the things you love.

To get a sense of how you're doing, check the items below that apply to you.

- I have lost my appetite
- I have lost weight without trying
- I have lost my energy level
- I have dark circles under my eyes
- I have swollen feet
- I have lost my strength

If you answered **“yes”** to **2 or more** of these questions, then ask your doctor whether adding a complete balanced nutritional supplement to your diet is right for you.

Find your strength in knowledge

Many people feel weaker and less like themselves as they age. This weakness may come from the progressive loss of muscle.

Muscle loss may accelerate if you're suffering from illness or injury.

Did you know?



- 1| Proper nutrition can help you maintain your muscles and strength
- 2| When you lose muscle, it can cause weakness, lack of energy, and increased risk of falling
- 3| After you turn 40, you may lose 8% of muscle mass every 10 years¹⁻⁴



Food for thought



Taking control of your nutrition can help improve your overall health in the following ways:

- Improve strength and energy
- Improve healing
- Gain/maintain healthy weight
- Decrease health complications following illness or injury

TRY EATING MORE OF THESE FOODS

Foods packed with protein — lean meats, fish, egg whites, and dairy products

Foods filled with vitamins — broccoli, carrots, apples, and bananas

Foods consisting of complex carbs — whole-grain breads, beans, and peas

Healthy fats — almonds, salmon, sunflower seeds, and olive oil

Omega-3 fatty acids — salmon, tuna, and peanut butter

Your meals matter

Fill up your plate with the right balance of healthy foods.

1/2 PLATE OF
VEGETABLES & FRUITS

1/4 PLATE OF
PROTEIN FOODS

1/4 PLATE OF
WHOLE-GRAIN FOODS



It may be difficult to eat enough of the right foods when you don't feel well.



Your body needs a wide range of vitamins and protein to stay healthy. Adding **Ensure® Enlive®** to your diet can help fill the nutritional gap if you're not getting the nutrition you need to stay you.



Ensure® Enlive® is the only nutritional supplement with HMB* + protein

HMB + protein is a vital combination to help rebuild lost muscle for strength and energy.



What to know about HMB:

- ▶ HMB comes from a building block of protein and is found in small amounts within foods like avocados, grapefruit, and catfish
- ▶ HMB + protein helps rebuild and maintain muscle
- ▶ Our bodies only produce a small amount of HMB

It's difficult to get enough HMB from your diet, but **2 servings of Ensure® Enlive®** daily provides a recommended level of HMB.

Ensure® Enlive® provides all-in-one nutrition and contains ingredients to help support muscle, bone, heart, immune, and digestive tract health.




20g
Protein

350
Calories

26
Vitamins &
Minerals

3g
Fiber



With 3 flavors available, savor the nutrition that helps you stay you.



Flavors include:

- Milk chocolate
- Vanilla
- Strawberry

Ensure® Enlive® is gluten-free and suitable for individuals with lactose intolerance.*

Pick up a 4-pack of 8 fl oz ready-to-drink bottles today

*Beta-hydroxy beta-methylbutyrate

*Not for people with galactosemia.

Ensure
ALWAYS
STAY YOU™



Get savings, support,
and nutrition know-how

Ensure  HEALTHY
MATTERS™

Register at
Ensure.com
for sign-up information.

- Up to \$50** in savings on Ensure®
- Expert nutritional guidance and access to registered dietitians for one-on-one help
- Recipes and meal plans to help you gain strength and energy
- Progress trackers, grocery lists, and MORE

**Offers may vary.

Get back
to being you

Ensure® Enlive® gives you the vital nutrients and has HMB + protein to help you⁵⁻⁸:

- Regain strength and energy
- Remain active and independent
- Maintain muscle for strength and mobility
- Support recovery from illness, injury, and surgery

Talk to your doctor to find out which Ensure® is right for you.



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For access to valuable coupons
and more information,
visit Ensure.com

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