



BOOST® Soothe Nutritional Drink

Developed *with* cancer patients *for* cancer patients

Cancer therapy can cause changes in taste and food preferences, which can impact dietary intake and increase risk for malnutrition. Up to 80% of patients experience malnutrition risk during cancer treatment.^{1,2}

Nestlé Health Science collaborated with patients, caregivers, and healthcare professionals to better understand the nutritional challenges of patients with cancer and to develop a nutritional drink based on these needs and preferences.³

Unmet Need

Traditional nutritional drinks are not specifically designed based on taste preferences of patients undergoing cancer treatment.

Objective

To better understand the nutritional challenges and sensory preferences of patients with cancer and to leverage those findings to develop a nutritional drink.

Insights

In-depth interviews with cancer patients, caregivers, and healthcare providers revealed desired features of nutritional drinks, including:

- Mild taste; not metallic
- Not thick, creamy, or astringent
- Cooling in the throat

Five prototypes were developed.

Patients then provided feedback to guide further product development.

Validated Findings

After additional refinements and further development, patients provided feedback on the final product.

Over 80% agreed it was cooling, soothing, and great-tasting.

Final Result

BOOST® Soothe Clear Nutritional Drink.

A great-tasting beverage with a cooling & soothing effect, designed with cancer patients for cancer patients.

For more information about BOOST® Soothe Nutritional Drink, contact your Nestlé Health Science representative.

1. Trujillo E, et al. *J Acad Nutr Diet* 2018;118:749-60.
2. Arends J, et al. *Clin Nutr* 2017;36:1187-96.
3. Baker A, Oreskovich D, Huhmann M. Co-developing a nutritional beverage for oncology patient with oncology patients, caregivers, and health care practitioners. *J Geriatr Oncol* 2019;10(6):S116-117.



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In-Depth Interviews

GOAL

Understand nutritional needs, challenges and preferences of patients undergoing cancer treatment

WHO

- 175 healthcare practitioners, including oncologists, dietitians, and nurses
- 44 caregivers
- 80 patients (current or recently completed treatment)

LEARNINGS

- Features of desired nutritional drink:
- High in protein and calories
 - No metallic taste / off flavors
 - Mild flavor and sweetness
 - Tastes good / enjoyable for patients

Development of Nutritional Drink Prototypes



Based on insights from interviews, 5 prototypes were developed

Patient Feedback on Prototypes

GOAL

Obtain patient feedback (taste, ingredient list, nutrition facts) on 5 product prototypes to guide product development

WHO

- 126 patients in treatment or completed in the last 6 months (chemotherapy, radiation therapy, immunotherapy, or hormonal therapy)

LEARNINGS

- Features of desired nutritional drink:
- Short list of recognizable ingredients with nutritional benefits
 - Mild taste with no metallic aftertaste
 - Not thick, creamy, or astringent
 - Cooling in the throat
 - Taste is more important than vitamin & mineral fortification

Development of Best-Liked Prototype



Optimization of best-liked nutritional drink prototype based on patient feedback

Validated Findings

Patient evaluation of the final BOOST® Soothe Drink confirmed the product met expectations (n=95 patients, data for Hint of Peach-Mint flavor shown)

STATEMENT	EASY TO DRINK	COOLING	SOOTHING	TASTES GREAT	NOT TOO SWEET	NO BITTER TASTE	NO METALLIC AFTERTASTE
% of patients who agree	91%	89%	84%	82%	82%	82%	82%

RESULT: BOOST® Soothe Clear Nutritional Drink – developed with cancer patients for cancer patients. Great-tasting drink providing 300 calories & 10 g protein with a cooling & soothing effect and no artificial flavors, colors, or sweeteners.

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