

# LOW VOLUME HIGHEST IN WHEY PROTEIN\*

\*Based on label/product information of low volume Oral Nutrition Supplement whey content per serve of products in market as at June 2024.

- » Unique formulation
- » Enhances patient compliance



**NEW**  
Formulation

**20g**

of High Quality Protein per serve

**281 kcal**  
per 125mL serve

**60%**

Whey Protein as a percentage of total protein

Nutritional therapy formulated to overcome key challenges of protein intake & compliance in patients with age or disease-related malnutrition.



## Achieving sufficient protein intake is a key challenge.

Around 71% of older adults in the community with, or at risk of, malnutrition struggle to consume the recommended daily protein intake.<sup>1</sup>

This impacts their ability to **preserve or regain lean body mass**.<sup>1,2</sup>

## RESOURCE® ULTRA+ is designed to improve protein synthesis and promote gains in lean body mass.

The unique blend of high-quality proteins containing both essential and branched chain amino acids including leucine, which help improve net protein balance, a key factor for driving muscle growth.<sup>3-9</sup>

- **Branched-chain amino acids (BCAAs)** make up **35–40%** of the essential amino acids (EAAs).<sup>4-5</sup>
- **Leucine** (amongst the BCAAs) has the greatest impact on protein and muscle synthesis, promoting lean body mass gain.<sup>5-9</sup>

Per 125mL serve:

**20g**  
Protein

Comprising:  
**60%**  
Whey Protein  
40%  
Casein

**10.5g<sup>^</sup>**  
EAAs

**5g<sup>^</sup>**  
BCAAs

**2.2g<sup>^</sup>**  
Leucine



<sup>^</sup>Calculated values extracted from the amino acid theoretical profile of product.

A recent (2024) systematic review, showed significant improvements in both **appendicular skeletal muscle mass<sup>†</sup>** and **mass index<sup>‡12</sup>** in individuals over 60yrs old with sarcopenia with consumption of **ONS containing between 9.6g-40g whey protein<sup>\*\*</sup>** per day.

**RESOURCE® ULTRA+ provides 12g whey protein per serve.**

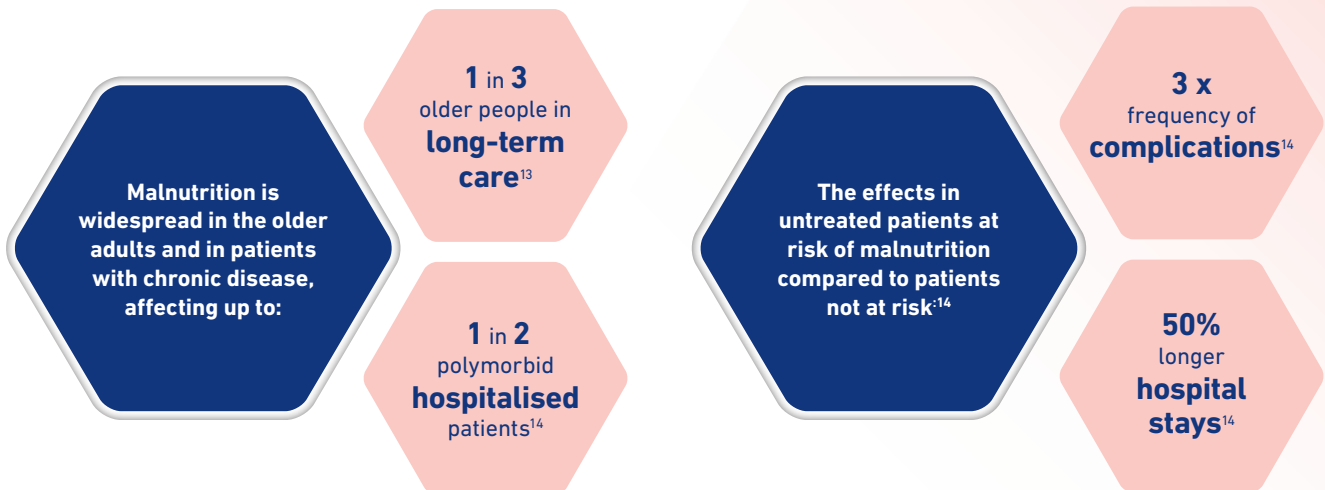
SMD: Standardised Mean Differences, CI: Confidence Interval.

<sup>†</sup>SMD: 0.28, 95%CI: 0.11, 0.45; p=0.002. <sup>‡</sup>SMD: 0.47, 95%CI: 0.23, 0.71; p<0.0005) respectively.

<sup>\*\*</sup>An average of protein per intake, at least once per day, without exercise, the duration of the intervention was not <4 weeks, when compared to an isocaloric placebo supplement.



» Proactive early use of Oral Nutritional Supplements (ONS) is effective to reduce the impacts of malnutrition on both individuals and healthcare systems.<sup>9-14</sup>



Malnutrition is a result of insufficient energy and protein intake to meet the body's needs, causing weight loss, wasting of muscle and fat stores, attenuated physical and mental function and poorer clinical outcomes.<sup>10-12,14</sup>

- Nutrition guidelines recommend the initiation of high protein, highly concentrated ONS when patients with age- or disease-related malnutrition struggle to meet their nutritional requirements through diet alone.<sup>10-14</sup>

**RESOURCE® ULTRA+**, offers a unique first-line ONS intervention choice providing 40g of high-quality protein (in 2 x 125mL serves) which meets the protein intake recommendations to maintain lean body and muscle mass and improve muscle strength and function in adults.<sup>2,10-14</sup>



» Low volume, highly concentrated ONS optimises patient compliance and is key to better clinical outcomes.<sup>15-17</sup>

For at-risk patients, good compliance increases their energy and protein levels, strength, health and quality of life.<sup>15-17</sup>

A systemic review showed that non-compliance is seen in:



» Using a highly concentrated ONS, such as RESOURCE® ULTRA+, is associated with compliance rates of 91%.<sup>15</sup>

This helps maximise the nutritional benefit for patients in hospital and community settings who struggle with compliance due to factors such as:<sup>15-17</sup>



## » RESOURCE® ULTRA+

**Purposefully formulated to help support compliance to optimise the nutritional status in patients with age or disease-related malnutrition.**

### CLINICAL USAGE:

- Severe anorexia secondary to the individual's clinical condition;
- Increased protein and calorie requirements:
  - Oncology (patients experiencing taste change/mucositis and poor appetite);
  - Pressure injuries, wounds and burns;
  - Sarcopenia, rehabilitation and frailty.
- Fluid/volume restriction (COPD, heart failure, oedema, renal impairment).

### RECOMMENDED DOSAGE:

- **Adults:** 1–3 servings per day or as recommended by a healthcare professional, depending on patient's medical needs and age.
- **Children:** Not more than 1 serving per day or as recommended by a healthcare professional depending on patient's medical needs and age. Suitable from 14 years onwards.

### INGREDIENTS:

#### Strawberry Flavour:

Water, Rapeseed Oil, Whey Protein (**Milk**), **Milk** Protein, Sucrose, Glucose Syrup, Minerals (Chromium Chloride, Copper Sulphate, Iron Sulphate, Magnesium Citrate, Magnesium Phosphate, Manganese Sulphate, Potassium Chloride, Potassium Iodide, Sodium Fluoride, Sodium Molybdate, Sodium Selenate, Calcium Phosphate, Zinc Sulphate) Emulsifier (471), Stabiliser (460, 466), Acidity Regulator (330, 525), Vitamins (Niacin, A, Thiamin, B12, Riboflavine, Pantothenic Acid, B6, Biotin, Folic Acid, C, D, E, K), Flavour, Colour (120).

#### Contains Milk.

#### Coffee Flavour:

Water, Rapeseed Oil, Whey Protein Concentrate (**Milk**), **Milk** Protein, Sucrose, Glucose Syrup, Minerals (Chromium Chloride, Copper Sulphate, Iron Sulphate, Magnesium Citrate, Magnesium Phosphate, Manganese Sulphate, Potassium Chloride, Potassium Iodide, Sodium Fluoride, Sodium Molybdate, Sodium Selenate, Calcium Phosphate, Zinc Sulphate), Colour (150a), Emulsifier (471), Stabilizers (460, 466), Acidity Regulators (525, 330), Vitamins (Niacin, A, Thiamin, B12, Riboflavin, Pantothenic Acid, B6, Biotin, Folic Acid, C, D, E, K), Flavour.

#### Contains Milk.

### NUTRITION INFORMATION: Strawberry and Coffee Flavours

Serving Per Package: 1 Serving Size: 125mL	Unit	Avg Qty Per 125mL Serve	Avg Qty Per 100mL
Energy	kJ/kcal	1176/281	941/225
Fat (45% kcal) of which:	g	14	11.2
- Saturated	g	1.5	1.2
- Monounsaturated	g	8.4	6.7
- Polyunsaturated	g	3.2	2.6
Carbohydrate (27% kcal) of which:	g	19	15
- Sugars	g	11	9.0
- Lactose	g	-	<0.50
Protein (28% kcal) of which:	g	20	16
- Whey	g	12	9.6
Vitamin A	µg RE	150	120
Vitamin D	µg	2.2	1.8
Vitamin E	mg	2.7	2.2
Vitamin K	µg	20	16
Vitamin C	mg	29	23
Thiamin	mg	0.81	0.65
Riboflavin	mg	0.62	0.50
Niacin	mg/mg NE	0.62/5.6	0.50/4.5
B6	mg	0.44	0.35
Folic Acid	µg	67	54
B12	µg	1.5	1.2
Biotin	µg	6.2	5.0
Pantothenic Acid	mg	0.87	0.70
Sodium	mg	187	150
Potassium	mg	287	230
Chloride	mg	162	130
Calcium	mg	262	210
Phosphorus	mg	219	175
Magnesium	mg	37	30
Iron	mg	2.2	1.8
Zinc	mg	2.4	1.9
Copper	mg	0.37	0.30
Manganese	mg	0.24	0.19
Fluoride	mg	0.25	0.20
Selenium	µg	12	10
Chromium	µg	11	8.5
Molybdenum	µg	25	20
Iodine	µg	27	22

RE = Retinol Equivalent NE = Niacin Equivalent

Osmolarity: 730 mOsm/L Water Content: 66g/100mL

### ORDERING INFORMATION:

Product	Presentation	Units per Case	Product Code
Strawberry Flavour	125mL Bottle	24 x 125mL	12531836
Coffee Flavour	125mL Bottle	24 x 125mL	12531861

**REFERENCES:** 1. Hengeveld, L. M. et al. J Cachexia Sarcopenia Muscle. 2020 Oct;11(5):1212-1222. 2. Bauer J et al. J Am Med Dir Assoc. 2013 Aug;14(8):542-59. 3. Zanini B et al. Nutrients. 2020;12(9). 4. Phillips SM et al. J Am Coll Nutr. 2009 Aug;28(4):343-54. 5. Komar B et al. J Nutr Health Aging. (2015) 19:437-46. 6. Gielen E et al. Nutr Rev. 2021 Jan 9;79(2):121-147. 7. Lee SY et al. Arch Gerontol Geriatr. 2022 Sep-Oct;102: 104758. 8. Conde Maldonado E, et al. Endocrinol Diabetes Nutr. 2022, 69:601-13. 9. Ming-Lin Li et al. Nutr Health Aging. 2024 Apr;28(4):100184. 10. Wunderle C et al. Clin Nutr. 2023 Sep;42(9):1545-1568. 11. Volkert, D et al. Clin Nutr. 2022 Apr;41(4):958-989. 12. Cederholm T, et al. Clin. Nutr. 2017;36(1):49-64. 13. Volkert D et al. J. Clin. Med. 2019;8:974. 14. Gomes F et al. Clin. Nutr. 2018;37:336-353. 15. Hubbard G. et al. Clin. Nutr. 2012;31:293-312. 16. Seguy D et al. Clin. Nutr. 2020;39:1900-1907. 17. Liljeberg E et al. Nutr Clin Pract. 2019 Dec;34(6):887-898.

RESOURCE® ULTRA+ is a food for special medical purposes specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must be used under medical supervision.

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