



Discover the *difference* PEPTAMEN® can make.



WITH THE RIGHT NUTRITIONAL SOLUTION,
he's ready to enjoy life again.

PEPTAMEN®



Welcome to the **PEPTAMEN[®]** *family of tube feeding formulas*

This booklet is designed to help get you started on your tube feeding journey. You'll find information to help you understand how you get nutrients from your food, learn why nutrition is so important when you're receiving tube feeding, and how PEPTAMEN has been specially formulated to help meet the needs of people who receive tube feeding. PEPTAMEN may also be consumed orally. Use as directed by your healthcare professional.

Sign up for the PEPTAMEN Starter Program and get a FREE case of PEPTAMEN to try for yourself.

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All about nutrition, digestion, and absorption

WHY IS NUTRITION IMPORTANT?

A healthy diet is more than just “food” – it provides fuel (energy) as well as the building blocks for life, such as protein, vitamins and minerals, to keep or restore health and to help with healing.

Maintaining a healthy diet and good nutrition is important for everyone but is crucial to the person who has an illness, is receiving certain medical treatments, recovering from surgery, or has had unwanted weight loss.

WHAT ARE DIGESTION AND ABSORPTION, AND WHY DO THEY MATTER?

Digestion is the process where food moves through the body and gets broken down into smaller pieces. Absorption is when these small molecules of food particles pass from your digestive system into your bloodstream so your body can benefit from them. The body uses these small pieces, or nutrients, for energy, repair, and more.

THERE ARE THREE MAIN COMPONENTS OF FOOD, ALSO KNOWN AS MACRONUTRIENTS:

- Proteins
- Carbohydrates
- Fats

We're going to focus on **protein** and **fat**, which are more difficult for the body to break down than carbohydrates.



WHY DO YOU NEED PROTEINS?

Proteins help build and maintain tissues in the body. Muscle, organs, and the immune system are made up mostly of protein. Some examples of protein foods in a diet are meat, chicken, fish, beans, milk, and eggs. The protein source in tube feeding formulas can come from milk or soy. Common types of protein sources in tube feeding formulas are:



WHEY



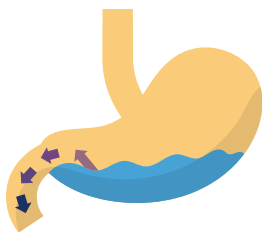
SOY



CASEIN

Whey and casein are the main forms of protein found in cow's milk, while soy protein comes from soybeans. Casein and soy are more slowly digested proteins and whey is a more quickly digested protein.

The protein in foods and many tube feeding formulas are made up of long chains of amino acids and peptides. Our bodies need to break these proteins into amino acids and smaller peptide chains in order for the body to digest the protein from our diets. The speed that different proteins are broken down or processed by the body can be very different. Whey protein empties from the stomach more quickly than either casein or soy and may be helpful for someone who has reflux or vomiting.¹⁻⁵



Whey protein
empties quickly
from the stomach.

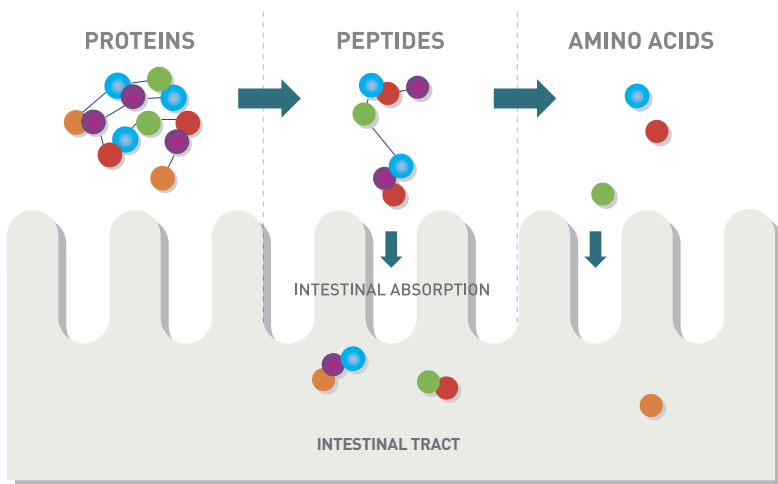
What is reflux?

"Reflux" is a condition that feels like your stomach contents are coming back up into your throat. Reflux can be very uncomfortable and can cause a feeling of heartburn in some people. If you have a condition that causes your stomach to empty slowly, this can make your reflux even worse.



HOW DOES YOUR BODY DIGEST AND ABSORB PROTEINS?

Protein digestion is a complex process. Proteins are too big to be absorbed directly into the bloodstream and need to get broken down into amino acids or very small peptides by your digestive system.



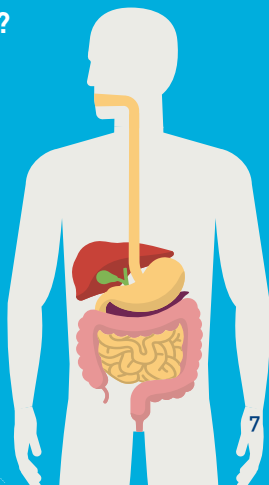
HOW DOES THIS HAPPEN IN YOUR BODY?

In your stomach, digestive juices break the long chain of the protein into peptides.

The peptides move to your small intestine where different juices break down the peptides into even shorter chains and eventually into single amino acids.

These small peptides and individual amino acids are now ready to be absorbed by the walls of your small intestine.

Your blood carries the amino acids and short peptides through your body to places where they're needed.



WHY DO YOU NEED FATS?

Fats are a major source of calories and help the body to use certain vitamins. Some examples of where fat can come from in the diet are oils (such as olive oil), avocados, and nuts.

Corn and soybean oil are commonly used fat sources in tube feeding formulas, though canola and safflower oils may also be used.

WHAT TYPE OF FAT IS EASIEST TO DIGEST?

The fats in food and tube feeding formulas come in several forms. One of the ways used to describe the form of different fats is by the chain length of the fatty acids they contain.

- Long-chain fats (called LCT for short), like their name says, are made up of fatty acids that are longer in length.
- Medium-chain fats (called MCT for short) are made up of fatty acids that are shorter in chain length.

You might wonder why this is important for a tube feeding formula. Well, both types of fats are important, and we need LCT fats to provide vital nutrients for our body called essential fatty acids. However, LCTs are harder to digest while MCTs are easier to digest. For this reason, MCT fats are often added in larger amounts to tube feeding formulas for people who may have trouble with digesting and absorbing their food.

MCT fats are more easily absorbed than LCT fats, which is why they are sometimes added to formulas for people with digestive problems.

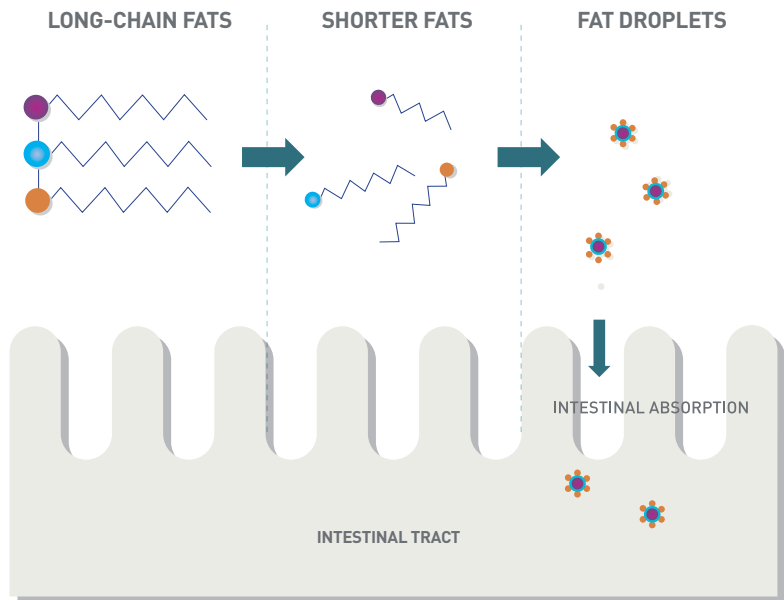
HOW DOES YOUR BODY DIGEST AND ABSORB FATS?

LCT fats go through many different steps to get digested and absorbed into the body.

First, they need special digestive juices called enzymes and bile.

Then, when they are broken down into smaller pieces, they are re-packaged and mixed with other substances like vitamins and cholesterol before they can be absorbed into the body.

MCT fats, on the other hand, do not need to be broken down or repackaged in order to be absorbed into the body.



What is gastrointestinal (GI) impairment?

Some people have conditions where they can eat normally, but their GI system doesn't work properly, so they can't absorb all the nutrients that they need from their food.

WHAT CAN CAUSE GI IMPAIRMENT?

There are many different reasons someone may have an impaired GI system. Some examples are:

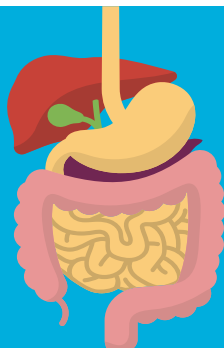
- Reduced bowel length (for example, because of a surgery)
- Bowel disease that impairs absorption
- A condition or illness that affects the ability of the body to absorb nutrients

HOW CAN PEOPLE WITH GI IMPAIRMENT GET THE NUTRIENTS THEY NEED?

When someone can't get the nutrition and energy they need from the food they eat, they need to get it another way. One method is called "enteral nutrition" or tube feeding.

What is the gastrointestinal system?

The gastrointestinal, or GI, system is the name for all the parts of your body that are needed for breaking down, processing, and absorbing food.





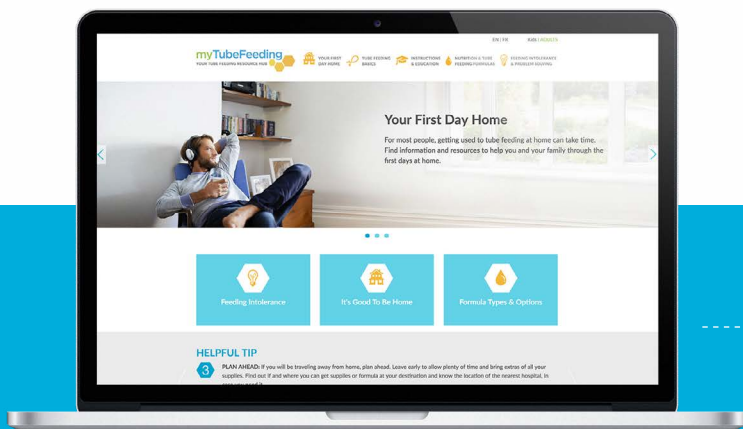
Tube feeding

Everyone needs nutrition and energy to live, but some people have conditions that make it difficult for their bodies to get the nutrition they need from their food or nutrition supplements. These people may use a tube feeding to help get the nutrients their bodies need. Tube feeding formulas are liquid foods that provide nutrients and water you need each day.

Getting used to tube feeding can take time – this is normal. Give yourself time to adjust, and ask questions! Knowledge can help you feel comfortable and prepared.

WHAT IS TUBE FEEDING?

Tube feeding is a way of providing nutrition to people who cannot eat and drink enough for a period of time. There are many different reasons that people need tube feeding. There are also different locations where a tube can be placed for tube feeding.



NASOGASTRIC OR “NG-TUBE”

The feeding tube goes through the nose, down the esophagus or food tube, and ends in the stomach.

NASOJEJUNAL OR “NJ-TUBE”

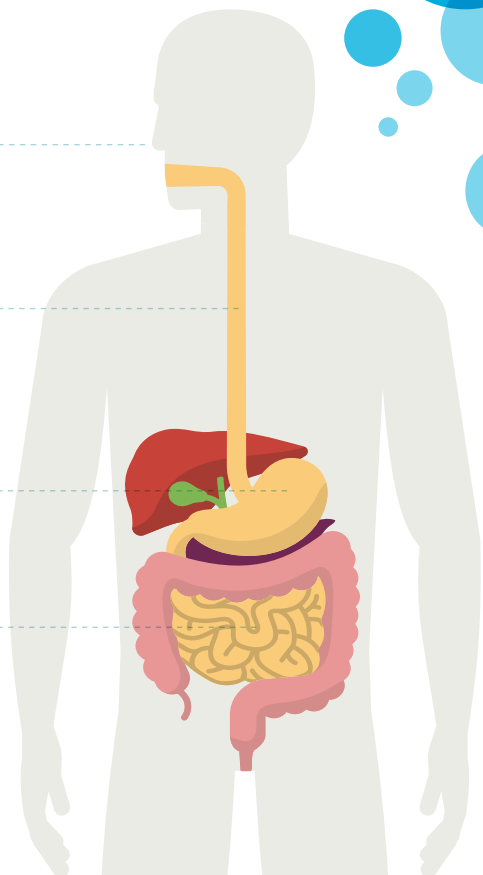
The feeding tube goes through the nose, down the esophagus or food tube, continues through the stomach, and ends in the small intestine.

GASTROSTOMY OR “G-TUBE”

The feeding tube goes through a small opening in the skin directly into the stomach.

JEJUNOSTOMY OR “J-TUBE”

The feeding tube goes through a small opening in the skin into the jejunum or small intestine.



Visit mytubefeeding.ca for more information, resources, and tips for tube feeding at home.

WHAT IS TUBE FEEDING INTOLERANCE?

When starting any new routine, it's normal for your body to take a few days to adjust. But there are times when you may feel unwell and cannot take all of your tube feeding formula each day – this may be intolerance.

Intolerance can become a problem if you are not able to get the full amount of nutrition and water you need or if you are having unpleasant symptoms.

WHAT CAN I DO ABOUT FEEDING INTOLERANCE?

You can talk to your healthcare professional who may recommend a number of steps to try to help alleviate your intolerance. One of these suggestions may include using a specialized tube feeding solution like PEPTAMEN to help minimize your discomfort and help you get the nutrients that your body needs each day. For solutions to some common tube feeding problems, you can visit mytubefeeding.ca.



WHAT ARE SOME SYMPTOMS OF FEEDING INTOLERANCE?

Feeding intolerance is often talked about in terms of the signs or symptoms people have, which can vary from person to person.

Some common symptoms of feeding intolerance are:



Feeling sick; having
nausea or vomiting



Diarrhea



Stomach bloating or
feelings of being full



Constipation

These are not all the symptoms of intolerance. If you experience any symptom or problem with your formula, even if it's not listed here, talk to your healthcare professional.

Is **PEPTAMEN**[®] *right for you?*

When choosing a tube feeding formula with your healthcare professional, there's a lot to consider – how many calories a day you need, what macronutrient levels you require, and other specific needs you may have.

PEPTAMEN NUTRITION FORMULAS

PEPTAMEN is a family of specialized nutrition formulas designed to help patients who require a formula that is easy for the body to digest and absorb. This can be important in helping manage tube feeding and gastrointestinal intolerance.

PEPTAMEN formulas are different from other tube feeding formulas because they contain some nutrients, like protein and fat, which are “broken down” into smaller units to make them easier to digest. These formulas are often called “peptide-based” formulas because they contain smaller units of protein called peptides. For more information on protein, refer back to “Digestion and nutrition.”

NOT ALL PROTEINS ARE THE SAME

In a simulation of the acid digestion phase in the stomach* using two different formulas, the formula with 100% whey protein remains liquid in the acidic environment compared to the formula with a blend of whey and casein protein.

*Under laboratory conditions using ready-to-feed formula (pH 4.5, incubated for 30 minutes at 37°C). This is not intended to illustrate the entire digestive process, which is a complex activity that begins in the mouth and stomach, and continues throughout the gastrointestinal tract. Consult your healthcare professional if you have any questions.

HOW IS PEPTAMEN DIFFERENT FROM OTHER PEPTIDE-BASED FORMULAS?

To understand the differences, let's take a closer look at the protein and fat in PEPTAMEN formulas.

1

The protein in PEPTAMEN formulas has been broken down into smaller peptide units compared to other peptide formulas. This may help your body absorb the protein from the PEPTAMEN formula.⁶⁻⁷

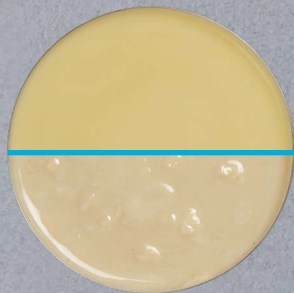
2

The protein in PEPTAMEN formulas is **100% whey protein**.

3

PEPTAMEN formulas also have a special blend of fat. This blend contains 50–70% of its total fat as MCT fats, which are easier for the body to absorb.⁸⁻⁹

Whey protein can help with digestion because this type of protein remains liquid in the stomach compared to casein protein. This may be important to help the stomach empty faster and reduce reflux.¹⁻⁵



PEPTAMEN[®] 1.5

100% whey protein formula



OTHER BRAND 1.5 Cal/ml

70% whey/30% casein protein blend formula

PEPTAMEN[®] *Difference*



PEPTAMEN formulas have been available for over 25 years, have been used in many studies, and are **trusted by healthcare professionals**.



PEPTAMEN is the only peptide-based formula with **100% whey protein**, which empties quickly from the stomach to help with tube feeding and gastrointestinal intolerance.



PEPTAMEN formulas contain **smaller, easy-to-absorb** peptides unlike other peptide-based formulas.



PEPTAMEN formulas contain a **high amount of MCT fats (50–70%)**. These MCT fats can be more rapidly absorbed by the body and used for energy.



PEPTAMEN has the **most complete range** of peptide-based formulas to meet different nutritional needs.

PEPTAMEN[®] Products

PEPTAMEN[®] Tetra



1.0 Unflavoured
(24 x 250 mL)



1.0 Prebio™ Vanilla
(suitable for oral use)
(24 x 250 mL)



1.5 Unflavoured
(24 x 250 mL)



1.5 Vanilla
(suitable for oral use)
(24 x 250 mL)



AF 1.2 Unflavoured
(24 x 250 mL)



Intense 1.0 High Protein
Unflavoured
(24 x 250 mL)

PEPTAMEN[®] ULTRAPAK[®]



Intense 1.0 Prebio™
(4 x 1.5 L)



1.5
(6 x 1.0 L)



AF 1.2
(6 x 1.0 L)



Intense 1.0 High Protein
(6 x 1.0 L)

For more information, talk to your
healthcare professional.

When you have the information you need, you're better able to fit tube feeding into your lifestyle.

Your healthcare team is available to help.

You can also find helpful information online at mytubefeeding.ca.



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