Abound®
HCP’s Detail Aid

Use under medical supervision
If your patients have wounds that are slow to heal Abound® can help.

Wound healing as easy as 1-2-3

Abound® is a one-of-a-kind therapeutic nutrition product intended to benefit people who need support for hard to heal wounds.

Oral consumption or tube-feeding of Abound® is an important part of total care for wound healing; it is used along with a diet designed for wound healing and proper wound care.

Abound® is a unique blend of 3 key ingredients—arginine, glutamine, and HMB*—working together to help support wound healing and immune function.

*HMB, Beta-hydroxy-beta-methylbutyrate

People who can benefit from Abound® include those with:

› Pressure ulcers, venous leg ulcers, and diabetic foot ulcers
› Burn injuries
› Non-healing surgical incisions

Wounds and wound care take high personal and financial tolls.

People with hard-to-heal wounds may suffer from pain, lose mobility, feel socially isolated, and experience depression.1

The prolonged healing time of many of these wounds drives up costs and further impacts quality of life: in a US study, the average length of follow-up for patients with venous ulcers was 119 days, with an average of seven office visits per patient;2 a European study found nearly a quarter of diabetic patients with foot ulcers had not healed after a year.3

The therapeutic nutrition found in Abound® comes from arginine, glutamine, and HBM. Other ingredients afford flavor and stability to the blend.

› Abound® supports wound healing.6
› Abound® supports immune function.
› Abound® slows protein breakdown and facilitates synthesis of collagen and other proteins involved in wound healing.5, 6

**Abound® ingredients support wound healing processes**

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<tr>
<th></th>
<th>Arginine</th>
<th>Glutamine</th>
<th>HMB</th>
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<tbody>
<tr>
<td>Supports wound healing</td>
<td>X7,8</td>
<td>X8</td>
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<tr>
<td>Supports protein synthesis</td>
<td>X9</td>
<td>X10</td>
<td>X11</td>
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<tr>
<td>Stimulates collagen synthesis/deposition</td>
<td>X12,13</td>
<td>X14-16</td>
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<td>Is conditionally essential</td>
<td>X16,17,18</td>
<td>X16,17,18</td>
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<tr>
<td>Helps prevent protein breakdown</td>
<td>X19-21</td>
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<tr>
<td>Supports immune function</td>
<td>X22</td>
<td>X15</td>
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<tr>
<td>Helps reduce inflammation (C-reactive protein CRP)</td>
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<td>X23</td>
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Abound® Clinical Trial Results
The safety and efficacy have been tested in seven clinical trials. These studies provided evidence that Abound®:
› Is safe24
› Helps reduce the loss of lean tissue4, 24-26
› Significantly enhances collagen deposition, which supports wound healing6
› Helps increase lean body mass4, 24-26

How to Incorporate Abound® into the Therapeutic Regimen
› Abound®—in combination with other dietary nutrients—helps meet nutritional guidelines for wound healing.18, 27, 28
› For individuals who can consume oral foods, Abound® can be given in combination with a diet of regular food; Abound® can also be given with regular food plus a medical nutrition supplement such as Ensure® (for malnourished individuals) or Glucerna™ (for malnourished people with diabetes).
› For those who cannot consume oral food, Abound® can be added to a regimen of complete and balanced tube feeding product such as the Jevity™ family.

Abound® Forms and Flavors
Abound® is a powder that must be mixed with liquid. It is available in convenient single-serving packets of orange-flavored and unflavored powders. Unflavored Abound® is for patients who prefer to mix it with their choice of juice, smoothie, or food.

Directions for Use
Each packet of Abound® is dissolved with liquid to make one serving; the recommended dose is 2 servings (packets) a day. The 2 daily servings of product are best consumed as one with a morning meal and one with an evening meal. Each serving of Abound® provides 7 g of arginine, 7 g of glutamine, and 1.2 g of HMB (from 1.5 g CaHMB).

Abound® for oral consumption
1) Mix one packet of Abound® with 237 mL to 296 mL of cold water (use juice or other liquid for unflavored product), and stir with a spoon until all powder is dissolved.
2) Note: Do not mix Abound® with hot or boiling water/juice.
3) Only use Abound® under medical supervision.

Patients with hard-to-heal wounds

Normal nutrition status
BMI 18-21
No weight loss

Malnourished
BMI < 18
Weight loss > 5% over 2 months

Able to consume oral foods?
Yes
No

Able to consume oral foods?
Yes
No

Regular food + Abound

Jevity to meet kcal and protein needs + Abound

Combination feeding
Regular food + Ensure or Glucerna + Abound

Jevity to meet kcal and protein needs + Abound

Guidelines: 30-40 kcal/kg; 1.25-1.50 g protein/kg
References


