Whey protein supplementation can help your patients to reach protein requirements

Nestlé HealthScience

A volume-based protocol with high protein enteral formula and BENEPROTEIN® vs. standard nutrition care, helped ICU patients achieve:[1]

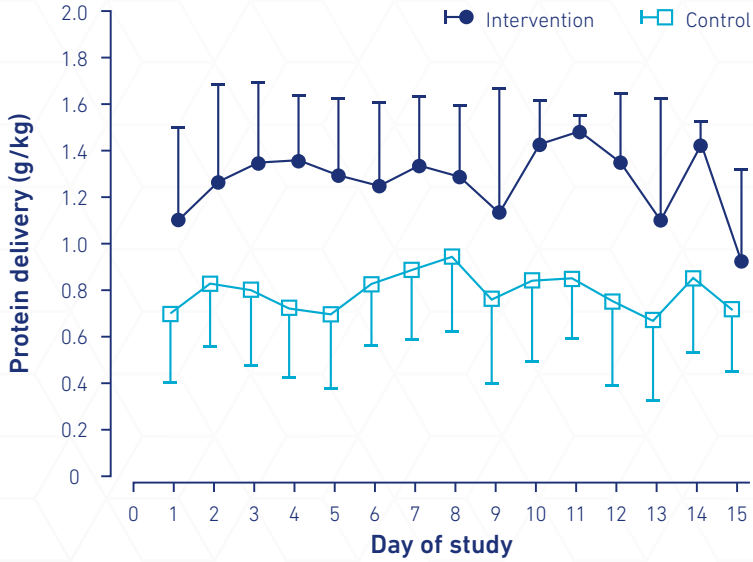
Higher protein
1.2g/kg vs. 0.75g/kg

Higher energy
21kcal/kg vs. 18kcal/kg

Less muscle loss
attenuated by 0.22cm vs. standard care

Decreased prevalence of malnutrition
at ICU discharge 7% vs. 28%

Protein delivery in critically ill patients



Intervention (n)	30	27	17	15	13	10	8	3
Control (n)	30	27	24	12	9	8	5	4

The protein supplementation and the volume-based protocol did not affect the feeding tolerance.[1]

Research suggests that greater protein delivery may improve survival rates, ventilator-free days as well as time to discharge from ICU.[2]

BENEPROTEIN® – 100% Whey Protein

Provides 6g of protein per serve

Tube Feeding Administration

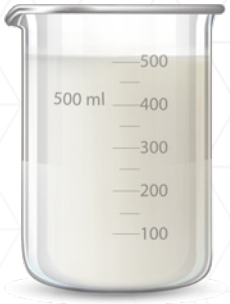
Add 1 scoop to 60 -120mL of water. Stir until dissolved. Administer by syringe through feeding tube.

The **Benefits** of Whey Protein

GI Tolerance

Whey facilitates faster gastric emptying.[3]

✓ Gastric emptying time is an important consideration in patients with an increased risk of aspiration.[4]



Whey: soluble

↓

Faster gastric emptying

Casein: clots in the stomach

↓

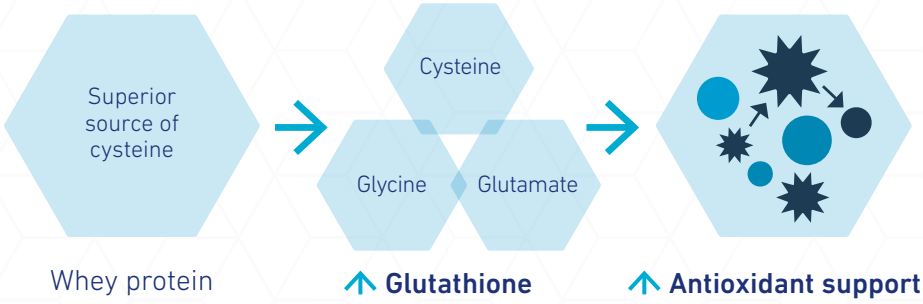
Delays gastric emptying

✓ Whey provides a source of cysteine, the rate-limiting amino acid for glutathione synthesis,[4-6] and can replete glutathione in depleted patients.[4-7]

✓ Glutathione plays a major role in neutralising free radicals that can cause oxidative stress.[6,8]

Protection

Helps support the body's antioxidant system in its defence against damaging free radicals.[6,8]



Whey protein

↑ **Glutathione**

↑ **Antioxidant support**

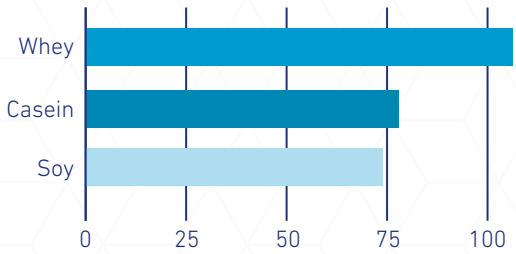
Muscle Mass

Offers exceptional protein quality and helps promote anabolism.

✓ High level of branched-chain amino acids supporting lean body mass anabolism.[9-11]

✓ Ideal protein source for nutrition support during metabolic stress.

Biological value[12-14]



Biological value (BV) is the % absorbed nitrogen retained in the body.

For more information call 1800 671 628 or visit www.nestlehealthscience.com.au

References: 1. Fetterplace et al. JPEN 2018;00:1-11. **2.** Singer et al. 2019. ESPEN guideline on clinical nutrition in the intensive care unit. Clinical Nutrition 2019 (48-79). **3.** Fried MD, et al. J Pediatr 1992; 120:569-572. **4.** Rowe B et al. J Am Coll Nutr 1994; 3:535A. **5.** Bounous G et al. Cancer Letters 1991; 57:91–94. **6.** Wu G et al. J Nutr 2004; 134:489–492. **7.** Bounous G. Anticancer Res 2000; 20:4785–4792. **8.** Marshall K. Altern Med Rev 2004; 9:136–156. **9.** Ha E et al. J Nutr Biochem. 2003; 14:251–258. **10.** Katsansos CS et al. Am J Physiol Endocrinol Metab 2006; 291:E381–387. **11.** Anthony JC et al. J Nutr 2001; 131:856S–860S. **12.** Protein Quality Evaluation. Report of Joint FAO/WHO Consultation, 1991. **13.** US Dairy Export Council Reference Manual for U.S. Whey and Lactose Products, 2004. **14.** Protein Quality Evaluation. Report of the Joint FAO/WHO Consultation, 1990.

BENEPROTEIN® is a food for special medical purposes specifically formulated for medical conditions where nutritional needs cannot be met by diet modification alone. Must be used under the supervision of a healthcare professional.

Nestlé Healthcare Nutrition, a division of Nestlé Australia Ltd, 8 Nexus Court, Mulgrave VIC 3170, Australia.

Information for healthcare professional use only.

This detail aid was prepared in May 2019.

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