



# MY CANCER MY NUTRITION

*Empower better days  
along their journey*



**Early nutrition intervention**  
can make a difference over the course  
of the patient's treatment journey

UP TO  
**80%**

of patients experience **malnutrition** risk at some point during treatment, with **>50%** exhibiting or at risk of **malnutrition** at their first oncology visit.<sup>1,2</sup>

UP TO  
**60%**

of people with cancer are affected by **sarcopenia**.<sup>3</sup>

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# Nutritional Challenges are Common in Cancer Patients

**Weight loss and malnutrition** are complications associated with cancer patients due to:

- ◆ **Increased metabolic demands** of the disease<sup>4</sup>
- ◆ **Reduced oral intake** related to treatment side effects.<sup>1,2,5-10</sup>

**Effective cancer treatment** relies on a comprehensive approach, with **nutritional support playing a vital role** to help optimise patient readiness, enhance tolerance to therapy, prognosis and improve overall outcomes.<sup>1,3,5-6,9,11-13</sup>

**Optimising nutritional health** during treatment is an important factor **influencing patient survival** with up to 20% of cancer-related mortality linked to malnutrition rather than the cancer itself.<sup>4,6,14</sup>



**Malnourished cancer patients experience poorer clinical outcomes:**<sup>15-19</sup>

**67%  
higher  
risk**

of interrupted  
**chemotherapy  
treatment**<sup>15-16</sup>

**5x  
higher  
risk**

of early cessation  
of **chemotherapy**<sup>15-16</sup>

**Up to  
2x**

**higher risk of  
mortality**<sup>17</sup>

**>2.5x  
higher  
risk**

of wound  
**infection**<sup>18</sup>

**1.5x  
higher  
risk**

of **sepsis**<sup>18</sup>

# The Importance of Protein to Enhance Cancer Care

Metabolic changes in cancer increase protein needs by impacting muscle synthesis and breakdown<sup>4</sup>

Up to  
2x

higher protein requirements in cancer patients compared to healthy adults.<sup>6,19</sup>

Up to  
66%

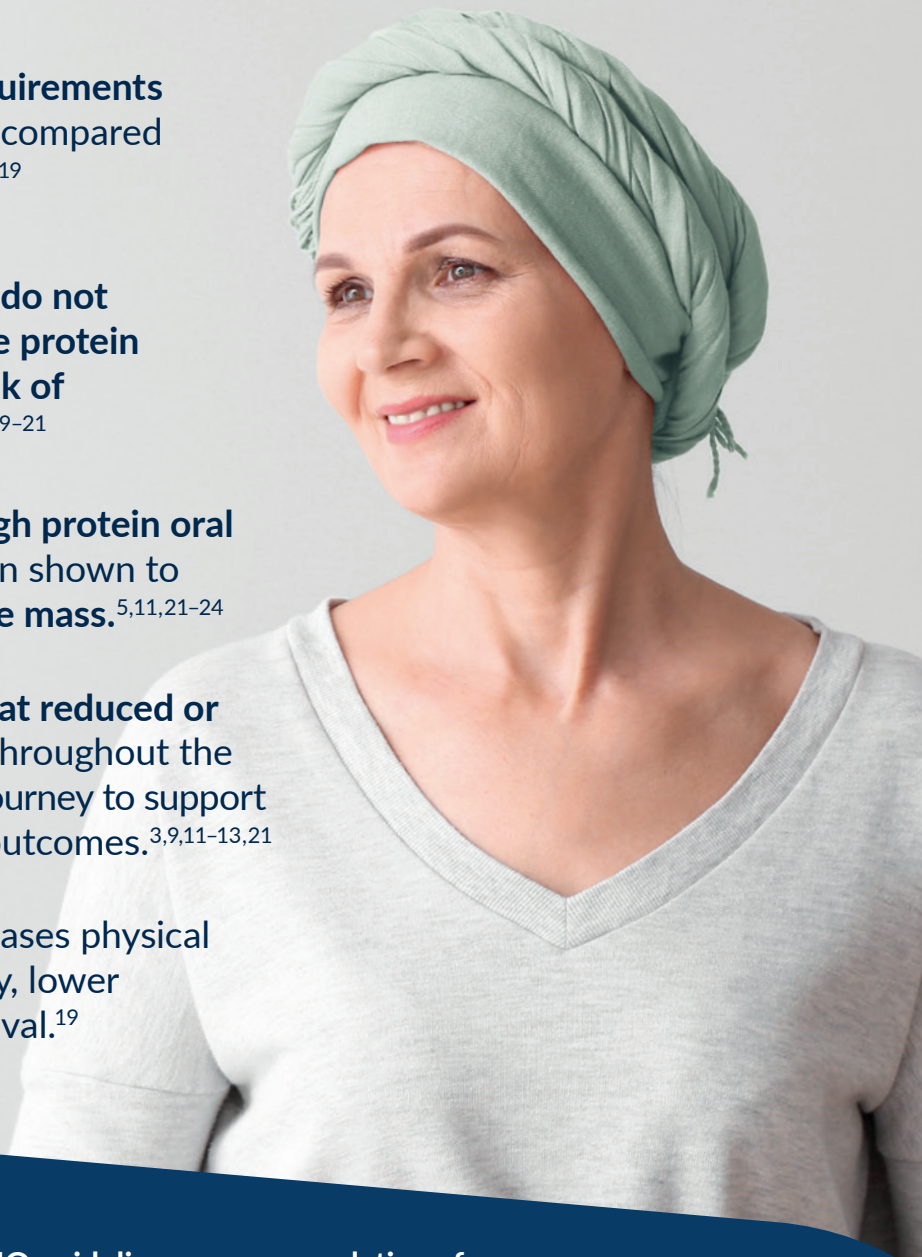
of cancer patients do not consume adequate protein putting them at risk of muscle mass loss.<sup>19-21</sup>

In cancer patients, consuming **high protein oral nutritional supplements** has been shown to **improve body weight and muscle mass**.<sup>5,11,21-24</sup>

Intervene  
early

to identify and treat reduced or low muscle mass throughout the cancer treatment journey to support better treatment outcomes.<sup>3,9,11-13,21</sup>

Compromised muscle mass increases physical decline, chemotherapy sensitivity, lower quality of life, and shortens survival.<sup>19</sup>



## ESPEN & ESMO guidelines recommendations for cancer

- **Protein intake** should be above 1 g/kg body weight/day and if possible, up to 1.5 g/kg body weight/day.<sup>4,6,9,11,25</sup>
- **Nutritional drinks** are recommended when a protein and energy-enriched diet is not sufficient to meet nutritional goals.<sup>9</sup>
- **Enteral nutrition** is recommended when oral intake is not possible or sufficient.<sup>4,6,9,11</sup>

ESPEN: European Society of Parenteral and Enteral Nutrition, ESMO - European Society for Medical Oncology.

# Health Economic & Patient Benefits of Nutritional Support

Malnutrition among cancer patients has a notable effect on quality of life and contributes to increased healthcare expenditures.<sup>26-27</sup>



4.5 days longer hospital stay on average<sup>26</sup>



4x higher risk of serious complications after surgery<sup>26</sup>



3-4x higher risk of readmission to hospital 30 days after surgery<sup>27</sup>

Nutritional supplement use provides cost benefits for patients and care providers:



fewer hospital readmissions (within 30 days) was seen with the use of nutritional drinks in malnourished adults.<sup>12</sup>



reduction in complications was observed with the use of oral nutritional supplements in conjunction with standard diet.<sup>28</sup>



# Medical Nutrition for your Patient's Cancer Care Journey



Upon  
Diagnosis

During  
Cancer  
Treatment

During  
Surgical  
Treatment

Sensory  
Alterations

Post  
Treatment



SUSTAGEN®  
Hospital Formula  
Neutral Flavour 840g



RESOURCE®  
ULTRA+ 125mL



IMPACT®  
Advanced Recovery  
250mL



RESOURCE®  
ULTRA Clear Fruit  
Flavoured Beverage 200mL



SUSTAGEN®  
Hospital Formula  
Neutral Flavour 840g

Upon  
Diagnosis



Easy to  
prepare

## SUSTAGEN® Hospital Formula Neutral Flavour 840g

A nutritional supplement beneficial to support patients prior to cancer therapy by helping maintain body weight and protein to maintain muscle mass, thereby promoting resilience to common treatment-related side effects.

### Key features

- 13.8g of protein per 200mL serve when prepared as directed.
- Nutritionally complete.
- Flexible powder format with a neutral flavour.

### Benefits

- Easy to prepare as a meal replacement shake or to fortify meals, snacks or drinks to boost nutrient intake.



Scan the QR code for  
a free recipe book!



*Patient's nutritional journey*

**During  
Cancer  
Treatment**



**40g**  
of high-quality  
protein in  
2 x 125mL  
serves

## RESOURCE® ULTRA+ 125mL

Specialised low-volume format with a unique protein formulation designed to enhance protein synthesis. Supports easy compliance for malnourished patients who have a poor appetite or difficulty consuming larger amounts of food or drink.

### Key features

- **20g protein** in a compact **125mL** serving to increase patient compliance.<sup>30–32</sup>
- Boosted with **60% whey** protein (as a percentage of total protein).
- **2.2g leucine** to maximise protein and muscle synthesis to support lean body mass gain.<sup>33–37</sup>

### Benefits

- **40g of high-quality protein in 2 x 125mL serves:** Offers a unique first-line option to help patients meet ESPEN protein recommendations.<sup>4,6,9,11,25,29</sup>
- **91% compliance** rates are associated with highly concentrated nutritional drinks.<sup>30</sup>

**During  
Surgical  
Treatment**



**51%**  
reduction in  
postoperative  
infection  
complication  
risk

## IMPACT® Advanced Recovery 250mL

Evidence-based immunonutrition for the nutritional support of patients undergoing major elective surgery at risk of infection. Consumed perioperatively it can help your patients go in more prepared and get home sooner.

### Key features

- **26g protein** in each 250mL serve.
- **Unique immunonutrient blend;** L-arginine, omega-3 fatty acids and nucleotides.
- **Nutritionally complete.**

### Benefits

- **51% reduction in the risk of complications** from postoperative infections is associated with immunonutrition compared to standard perioperative nutritional therapy.<sup>39–41</sup>
- **ESPEN recommends immunonutrition** perioperatively for malnourished oncology patients undergoing major cancer surgery.<sup>42</sup>
- **New 2025 ERAS guidelines advise pre-operative immunonutrition** for all colorectal surgery patients, as evidence shows reduced postoperative infection rates.<sup>43</sup>

Sensory  
Alterations



100%  
whey protein

## RESOURCE® ULTRA Clear Fruit Flavoured Beverage 200mL

A clear juice-like option for patients experiencing sensory alterations or taste challenges associated with cancer treatment which can lead to reduced food intake and increased weight loss.

### Key features

- 300kcal to provide high energy with zero fat.
- 14g protein per 200mL serve.
- 75% more whey protein than other high energy clear nutritional drinks on the market.<sup>†</sup>

<sup>†</sup>Based on label/product information of high energy clear fluid Oral Nutrition Supplement whey content per serve of products in market as at August 2025.

### Benefits

- **100% whey protein** to promote muscle protein synthesis to address reduced or compromised muscle mass.
- **Low residue clear fluid** suitable to be incorporated into liquid diets and for clear and free fluid diets including use pre/post-surgery.

Post  
Treatment



Easy to  
boost protein  
intake

## SUSTAGEN® Hospital Formula Neutral Flavour 840g

A versatile nutritional supplement to help address malnutrition, bolster nutritional health and supplement protein intake to help maintain muscle mass and strength.

### Key features

- **13.8g of protein** per 200mL serve when prepared as directed.
- **Nutritionally complete.**
- **Flexible powder format** with a neutral flavour.

### Benefits

- **Easy to boost protein intake**, simple to prepare as a meal replacement shake or fortify meals, snacks or drinks to boost nutrient intake.
- **Helps support immune health** following cancer treatment, by providing 30% of the recommended daily intake of Iron and Zinc per serve.



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RESOURCE® ULTRA+ and RESOURCE® ULTRA Clear Fruit Flavoured Beverage are 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. IMPACT® Advanced Recovery is a food for special medical purposes specifically formulated for the dietary management of medical conditions where nutritional needs cannot be met by diet modification alone. Must be used under the supervision of a healthcare professional. SUSTAGEN® Hospital Formula is a formulated meal replacement and cannot be used as a total diet replacement. Consume as part of a varied and balanced diet and healthy lifestyle.

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