

SUPPLEMENT RECOMMENDATIONS



BOOST VHC ([NestleHealthScience](#)):

530 calories/8 oz serving, 22 grams of protein, 26 vitamins and minerals. Appropriate for lactose intolerant, gluten-free, low-residue, kosher and fluid-restricted diets. Can be used for both oral and tube.

Cost: USD\$54 for 24-pack when placed on automatic re-order. Includes shipping.

Flavor: Vanilla

Resource 2.0 ([NestleHealthScience](#)):



480 calories/8 oz serving, 20 grams of protein, 26 vitamins and minerals. Appropriate for lactose intolerant, gluten-free, low-residue and kosher diets. Can be used for both oral and tube feeding.

Cost: USD\$54 for 24-pack when placed on automatic re-order. Includes shipping.

Flavor: Vanilla.

**TWOCAL HN (Abbott Nutrition):**

475 calories/8 oz serving, 20 grams of protein, 18 vitamins and minerals. Appropriate for lactose intolerant, gluten-free, low-residue and kosher diets. Can be used for both oral and tube feeding.

Cost: USD\$39 for 24-pack. Includes shipping if total order exceeds USD\$100.

Flavor: Vanilla and butter pecan.

**SUPLIMED SUBSTI-MEAL (SupliMed Nutrients):**

508 calories/serving when mixed with 8 oz. water, 667 calories when mixed with 8 oz. whole milk, 23 grams of protein, 19 vitamins and minerals. Appropriate for lactose intolerant, wheat-free, low-residue, cholesterol-free (when mixed with water) and kosher diets. Can be used for both oral and tube feeding.

Cost: USD\$50 for 64oz (15 servings)+\$15 shipping or \$188 for 4x64oz (60 servings)+\$20 shipping.

Flavors: Chocolate, strawberry and vanilla cream



Personal Experience
Unwavering Optimism
Passionate Collaboration



BENECALORIE (NestleHealthScience):

330 calories/1.5 oz. serving, 7grams of protein, vitamins C,E. Appropriate for lactose intolerant, gluten-free, low-residue, kosher and cholesterol-free diets. USE UNDER MEDICAL SUPERVISION.

Mix into milkshakes or nutritional supplements, yogurt, cereal, mashed potatoes and foods easily consumed

For oral use only. Not for use with feeding tubes.

Cost: USD\$41 for 24-pack when placed on automatic re-order. Includes shipping if total order exceeds USD\$50.