To help minimise muscle breakdown and support muscle synthesis
To support muscle strength and optimise bone health

Product Benefits

Resource® SeniorActiv contains nutrients commonly deficient in the diet of older adults and helps to:

• Improve nutritional status
• Regain strength and energy after an illness or surgery
• Maintain functional abilities, by supporting physical strength and cognitive health

Product Composition

Resource® SeniorActiv contains Acti-3, a combination of 3 key ingredients to support strength:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>40g in 2 servings To help minimise muscle breakdown and support muscle synthesis</td>
</tr>
<tr>
<td>Vitamin D – 1000 IU</td>
<td>2 servings To support muscle strength and optimise bone health</td>
</tr>
<tr>
<td>Calcium – 960 mg</td>
<td>2 servings</td>
</tr>
</tbody>
</table>

Vitamin D and calcium are provided in doses clinically proven to reduce the risk of falls and fractures, which are a leading cause of hospitalisation in older adults.

Vitamin D supplementation of 700 – 1000 IU/d is clinically proven to reduce falls and fractures

- Falls: -19%
- Non-Verterbral Fractures: -20%
- Hip Fractures: -18%

*Statistically significant

Resource® SeniorActiv also contains:

• Prebiotics+ a proprietary prebiotic fibre blend of FOS* and inulin to support regularity and the immune system
• EPA*/DHA*$ (omega-3 fatty acids) and high levels of Vitamin B₁₂ and Folate to support cognitive health
• High levels of antioxidants Zinc and Selenium to address the oxidative stress and chronic inflammation of ageing

Resource® SeniorActiv is nutritionally complete and high in calories (1.5 kcal/ml).

*FOS = Fructooligosaccharides *EPA = Eicosapentaenoic Acid *DHA = Docosahexaenoic Acid
Packaging Format

- 200ml bottle
- 4-bottle pack

Recommended Dosage

- 2 servings (2 x 200ml bottle) per day

Flavours

3 great tasting flavours:
- Caramel-Toffee
- Creamy Vanilla
- Strawberry-Biscuit

Availability

Available in the following European countries in 2010:
- Austria
- Belgium
- Finland
- Italy
- Netherlands
- Sweden
- Switzerland
Other countries to follow

Regulatory Status

- Food for Special Medical Purposes (FSMP)

References:

®Société des Produits Nestlé S.A., Vevey, Switzerland, Trademark Owners.