

Essential Information on Your Oral Nutritional Supplement: Resource®

Your healthcare professional has prescribed **Resource®** to help meet your nutritional needs because you have lost weight, experienced a reduced appetite, or require additional energy, protein, and nutrients.

This leaflet will provide you with information about how you should take the oral nutritional supplement, how you should store it, and how it can be made more appetizing and better suited to your tastes and compliance.

What is an oral nutritional supplement?

They are medical foods specially designed to provide energy, protein, and all the necessary nutrients. They are prescribed for medical purposes when:

- You eat less food than the body needs.
- You are going through a clinical situation that requires an extra supply of energy and nutrients.
- You have lost weight due to illness or as a result of treatment or surgery.
- Other medical reasons.

You may have any of these symptoms. Therefore, it is important that you comply with the dose or number of daily bottles prescribed by your healthcare professional. This is the only way to achieve the therapeutic objective and the benefits that are intended with its administration.

What is it intended for?

- Increase caloric, protein, and micronutrient intake.
- Maintain or improve your nutritional status.
- Recover your strength and vitality.
- Avoid clinical consequences, such as pressure ulcers, loss of muscle mass and strength, infections, etc.

How to take Resource® brand ONS?

You should not substitute your usual diet for Resource®, unless your doctor, nurse, or dietitian tells you. It should complement your diet but not replace it.

This is the way you will get the energy and nutrients that you need to meet your nutritional needs.

To avoid decreasing your appetite, you should take Resource® brand ONS at a time of day that does not interfere with your meals. It is best to take it between meals or before going to bed.

How long should it be taken?

Your doctor, nurse, or dietitian has prescribed or recommended the dosage and length of the nutritional intervention.

DOSAGE:Bottle(s)/day

DURATION:.....

As with medicines, you should only stop taking your oral nutritional supplement when indicated by your health provider. Remember that it is fundamental to respect the doses or indicated quantities suggested by your healthcare provider.

How should it be stored?

Resource® should be stored in a cool, dry place protected from the sun. Once the product is opened, do not forget to store it in the refrigerator, but not for more than 24 hours, as it could become contaminated.

Contact Information for Support:

If you have any questions or need assistance, please contact:

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