

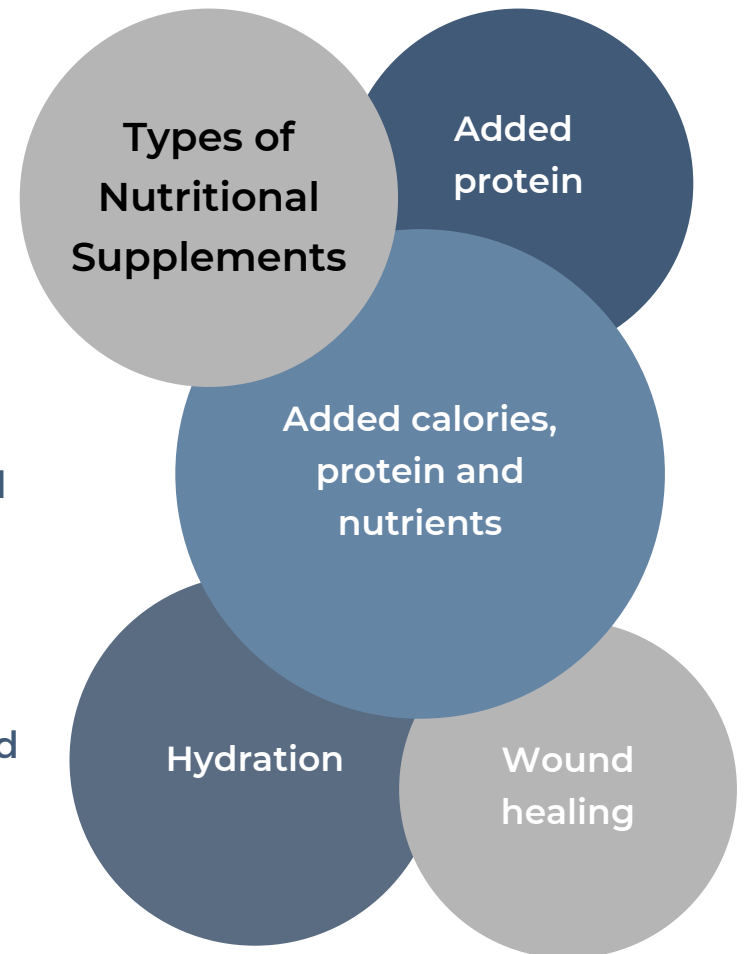
## Are they necessary and for whom?

We have all heard of drinks like Ensure and Boost but what are they and who are they for?

Some people can benefit from nutritional supplements but not everyone needs them. Let's look at different types of nutritional supplements, what they do and who might benefit from taking them.

### Examples:

- Boost, Ensure, Boost Breeze, Ensure Clear, Generic Store Brand Equivalents
- Pro-Stat, Pro-mod, Whey protein powder
- Arginaid, Juven, Pro-T Gold, Pro-Stat AWC, Individual Vitamins and Minerals
- Gatorade, Poweraid, Prime, Pedialyte (yes it can be helpful to adults too!), coconut water, Vitamin water, etc.



Knowing if supplements are right for you is a discussion to have with your medical team. Supplements can be helpful and part of a balanced healthy lifestyle but are not always necessary or may only be needed sometimes. Talk with your doctor to know your options!

## 1 Where to Buy:

- Pharmacies like Walgreens, CVS and RiteAid
- Target, Walmart
- Grocery Stores
- Amazon.com
- Directly through manufactures
- Healthfood stores

## 2 Things to consider:

- You may need supplements for some time and then not need them again.
- If you have a wound that heals, you may not need to keep taking the wound healing supplements.
- If you need more protein but take a supplements that also has quite a bit of calories you may gain weight

## 3 What if I don't like the taste:

- Try mixing supplements with other beverages
- Add Boost/Ensure to your coffee
- If you are needing extra calories make a milkshake! You often can't go wrong with adding ice cream.
- Try a vanilla flavored supplement and add your favorite extract or flavor (Orange Extract, Raspberry Extract, Chocolate syrup, Strawberry Syrup, etc)
- Try a chocolate flavor and add mint syrup/extract



- Try it cold! Many people prefer a supplement that is cold over one that is room temperature. Or if cold is not your thing, try it warm! Warm chocolate supplements can resemble hot chocolate!
- Thin it out with water or milk. Some supplements taste too rich or creamy and may be tolerated better thinned a bit.

Always remember to talk with your doctor and or medical team.