

ABSORB PLUS

BENEFITS AND USAGE GUIDE

www.absorbplus.com

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HOW CAN ABSORB PLUS HELP ME?

Absorb Plus is a delicious liquid diet supplement shake made of the highest quality, natural, elemental (pre-digested) ingredients. Absorb Plus provides optimum nutrition, including the best protein formulation and multiple nutrients. Absorb Plus requires very little digestion and is absorbed quickly by the body, making it ideal for those with digestive disorders. It contains no artificial flavors, sweeteners, colors, preservatives or chemicals, and is available in three delicious natural flavours: French Vanilla, Berry Fusion and Chocolate Royale.

Elemental shakes were first developed by NASA as an efficient way to feed astronauts in space; because they provided all their nutrient requirements yet resulted in minimal fecal matter. Since then, the medical community has utilized elemental, or enteral nutritional shakes for various conditions - like inducing remission in Crohn's or colitis.

"Exclusive nutritional therapy shows a more rapid effect than steroids in inducing clinical remission and is markedly more effective than steroids in producing healing of mucosal inflammation."

- *Dr. Robert Canani, MD*

Since 2002, Absorb Plus elemental nutrient shake has helped thousands of people worldwide regain their health. Whether you are suffering from a digestive disease, cancer, AIDS, or the difficulties that come with surgery or old age, Absorb Plus provides premium quality nutrients in a liquid, pre-digested form – that also TASTE GREAT!

It doesn't matter whether you have lost your ability to digest or absorb nutrients, or lost your appetite, or are experiencing nausea, or have difficulties chewing or swallowing, Absorb Plus is a quick, easy, 100% natural way to nourish your body with top quality nutrition.

What are the Benefits of Absorb Plus?

- Easy and gentle on your stomach and digestive system – no pain after eating
- Maintains or gains solid weight (build muscles) – look healthy and strong again
- Daily optimum nutrition – no more worrying about food
- Delicious taste – you can actually enjoy and look forward to this nutritious high protein supplement
- More energy and better sleep – you'll be able to do the things you want during the daytime
- Mixes completely (no lumps!) – easy to take to work, traveling, etc.

There are approximately 10 nourishing protein shakes per jar. As Absorb Plus is packed by weight, there can be some settling during shipping and storage.

The Absorb Plus liquid diet high protein formula was developed to provide maximum nutrition to help build and strengthen your immune system and to allow you to maintain your weight, or to aid in weight gain and muscle development. Absorb Plus contains the most desirable types of protein, carbohydrates and necessary nutrients in forms and proportions that allow for optimum use and absorption.

Absorb Plus provides an extensive array of free-form amino acids, and a superior vitamin and mineral profile. Finally, the Absorb Plus nutrition and protein shake tastes so good, you can consume it up to 12 times a day if necessary! Just mix it with water and drink!

Customer Testimonial:

I have mild IBD, and I would not start my day any other way than with Absorb Plus. After sleeping all night and having to go to work early, my body needs all the nutrients in a gentle form solid food can't provide - Absorb Plus! On my worst days I consume nothing but Absorb Plus and my body rewards me with a sense of better well-being. Also, your loyalty program works like clockwork. I didn't even have to ask for my free tubs - Thanks!

R.L . Pennsylvania, USA

INGREDIENTS

Absorb Plus has been carefully formulated to meet the unique needs of people who have problems chewing, swallowing, digesting or absorbing their food. This includes people with:

- Crohn's Disease
- Ulcerative Colitis
- Diverticulitis
- Irritable Bowel Syndrome (IBS)
- Cancer
- AIDS
- Anorexia
- Chronic Fatigue Syndrome
- Lupus
- Pre and post-surgery digestive concerns
- Trouble chewing, swallowing, or digesting their food (such as the elderly)

There is currently NO product on the market that matches Absorb Plus in nutritional value or the extremely high quality of our ingredients. One of our customers (who researched the market extensively) put it like this: "The other liquid diet or elemental products are like going to McDonald's, whereas Absorb Plus is like a wholesome, home-cooked meal!"

Read through our detailed nutritional protein shake ingredient list below and see for yourself. Absorb Plus consists of:

PROTEIN

The protein used in Absorb Plus is the highest quality cold-extracted whey protein isolate only (no casein or egg albumin), with 99.8% of the lactose removed. Protein is vitally important, not only for gaining weight, but for many different functions within the body. Aside from water, protein makes up the greatest portion of our body weight. Muscles, ligaments, tendons, organs, glands, nails, hair, enzymes, hormones and genes are all made of protein.

The protein component of Absorb Plus is a ***hydrolyzed whey protein isolate derived from an ion-exchange, cold, cross-flow membrane extraction method***. This means the protein is not denatured (by heat or chemicals) but the di-sulphide bonds remain intact, and the protein can be easily absorbed and used by the body. Ion-exchange whey protein also creates sustained increases in glutathione (a key antioxidant and antiviral), which creates resistance to a variety of diseases and carcinogens. Other components of whey protein isolate provide the following protein benefits in the body:

- **Alpha-lactalbumin** enhances tryptophan and immune function and reduces the stress hormone cortisol.
- **Tryptophan** is used by the brain to manufacture serotonin. This is important because serotonin deficiency plays a role in the development of depression, anxiety, moodiness and insomnia. Adequate levels of serotonin can often improve these conditions.
- **Glycomacropeptides** stimulate the hormone cholecystokinin, which is responsible for the release of pancreatic enzymes and the healthy contraction of the gallbladder and bowels.
- **Lactoferrin** is an antioxidant that is also a powerful antiviral and antibacterial agent shown to inhibit the growth of E.coli, salmonella and candida in the gut. It also helps ensure the optimal use of iron in the body by binding to iron and preventing oxidation.

Whey protein is also an alkaline food, so it's ideal for counteracting the usually hyper-acidic body pH levels of people in disease states, or with gastrointestinal problems or digestive disorders such as Crohn's disease or inflammatory bowel disease. Don't be surprised if your heartburn lessens or disappears after using high protein Absorb Plus regularly - especially if you consume 3 or more servings per day.

With a biological value of 159 (BV), the BV of the protein contained in Absorb Plus is one of the highest available in a protein supplement. The biological value is the amount or percentage of protein that the body is able to absorb and use from a certain protein

source. By comparison, an egg, long considered by scientists to be an ideal source of easily digested protein, has a biological value of 100.

In addition, because the whey protein is isolated from the rest of the milk components, it's virtually lactose-free (99.8%) and easily tolerated. The commonly allergenic protein components (like casein) have been removed, and the protein composition is 48% beta-lactoglobulin, 22% alpha-lactalbumin, 22% glycomacropeptides, 3% BSA, 2% immunoglobulins and less than 1% lactoferrin.

The amount of protein per serving contained in Absorb Plus (27 grams) was selected because research on bodybuilders has shown the maximum amount of protein that can be absorbed at any one time is 30 to 50 grams - the rest is flushed out in urine. Since most Absorb Plus consumers are unlikely to be professional bodybuilders trying to build muscle, we set the protein content (including amino acids) a few grams lower to ensure maximum utilization.

The protein component in some other protein powders or liquid diet formulas consists solely of free-form amino acids to avoid any potential allergic reactions. However, amino acids alone are virtually useless for muscle development (putting meat on your bones). The only way amino acids can be used to maintain or gain weight or build muscle is by "piggybacking" on a di-peptide or tri-peptide bond protein (like whey protein). Absorb Plus' whey protein (with a BV of 159) also has a far superior BV to soy (74) or rice protein (59) - and frankly, most people agree it tastes a lot better.

However, as mentioned, the whey protein in Absorb Plus has also had the commonly allergenic milk protein and lactose components removed, and so may even be safe for people with a milk allergy.

*Please test a small amount first to be sure and if your allergy is severe, then don't drink it, or only do so under the supervision of your physician.

AMINO ACIDS

Absorb Plus contains **an extensive array of free-form amino acids**. Amino acids are crucial to virtually every function of the body, and our liquid diet shake contains many

which are specifically helpful for those in disease states, or with inflammatory bowel disease (IBD) such as Crohn's disease or irritable bowel syndrome (IBS). When combined with whey protein, amino acids are fully available for building muscle and gaining solid weight (not fat).

The amino acids specially added to Absorb Plus have been selected for the specific functions and benefits they provide the body and immune system. For example, Absorb Plus contains **a full gram (1000 mg) of L-Glutamine per serving**. L-Glutamine is an amino acid that is the primary nutrient for the mucosal lining of the intestine.

Often, intestinal healing formulas (in capsule form) contain L-Glutamine as a primary ingredient, as it has been shown to heal conditions ranging from ulcers to Crohn's disease lesions.

Absorb Plus also supports hormone health and gland functioning due to its extensive array of vitamins, minerals and amino acids. Hormone pathways require certain vitamins, minerals and amino acids at key points to facilitate their synthesis. Unfortunately, due to prescription drug use (e.g. prednisone, the birth control pill, etc.) adrenal and thyroid gland function is often impaired in people with inflammatory bowel disease. Absorb Plus supports the body in its return to balanced hormone levels and glandular function.

All the amino acids in Absorb Plus are present in the L-form, which means they are in the same natural form as the amino acids found in living plant and animal tissue. And we've purposely included those that enhance the action or absorption of other key amino acids, vitamins and minerals.

Following are the free-form amino acids contained in Absorb Plus (this is a custom-blend that's been added, NOT just the naturally occurring amino acids found in the whey protein) and a brief outline of some of the key functions of each:

- **L-Alanine** - aids in the metabolism of glucose for energy
- **L-Aspartic Acid** - increases stamina; protects the liver; aids cell function and RNA/DNA formation

- **L-Cystine** - aids in skin formation; helps heal burns and wounds; assists in the supply of insulin to the pancreas
- **L-Glutamic Acid** - is the only compound used for brain fuel, aside from glucose. Increases firing of neurons in nervous system; metabolizes sugars and fats
- **L-Glutamine** - primary substance used to rebuild the intestinal mucosal cell lining
- **L-Glycine** - retards muscle degeneration; necessary for central nervous system function and a healthy prostate
- **L-Proline** - used in healing cartilage; strengthens joints, tendons and the heart muscle
- **L-Serine** - needed for proper metabolism of fats and fatty acids; aids in the production of immunoglobulins and antibodies. A substantial number of people with chronic fatigue syndrome are deficient in L-Serine.
- **L-Threonine** - helps maintain protein balance in the body; aids formation of collagen and elastin
- **L-Tyrosine** - aids function of pituitary, adrenal and thyroid glands; treats anxiety, depression, headaches and allergies

In addition, the following amino acids are automatically present in the whey protein isolate contained in Absorb Plus:

- **L-Arginine** - retards growth of tumors and cancers by enhancing immune function; aids in liver detoxification; involved in a number of enzyme and hormonal pathways; is a major component of collagen, and aids in building new bone and tendon cells
- **L-Histadine** - helps in tissue growth and repair; useful for treating ulcers, hyperacidity, allergies, rheumatoid arthritis and anemia
- **L-Isoleucine** - needed for hemoglobin formation; stabilizes and regulates blood sugar and energy levels.
- **L-Leucine** - promotes the healing of bones, skin and tissue
- **L-Lysine** - aids calcium absorption and production of antibodies, hormones and enzymes; helps build muscle, aids in collagen formation and tissue repair
- **L-Methionine** - assists in the breakdown of fats; prevents brittle hair; beneficial for allergic chemical sensitivities and osteoporosis

- ***L-Phenylalanine*** - can elevate mood, decrease pain and aid in memory and learning
- ***L-Tryptophan*** - necessary for production of vitamin B3; helps combat depression and insomnia, helps stabilize moods; helps control hyperactivity in children
- ***L-Valine*** - used in combination with leucine and isoleucine to improve muscle metabolism; aids with tissue repair and nitrogen balance

CARBOHYDRATES

An Absorb Plus liquid diet shake contains 56 grams of maltodextrin (a glucose polymer derived from cassava root) and 7 grams of fructose per serving. The carbohydrate mix is **composed mostly of maltodextrin**, which has a slower uptake into the bloodstream than glucose or fructose. This **helps you avoid getting a "sugar rush" with the resultant high-low mood cycle**. Our maltodextrin is derived from cassava root, commonly known as tapioca.

This also reduces osmotic pressure and provides for variable absorption rates of glucose. If a large amount of glucose hits the bloodstream all at once, it produces a spike in blood sugar, which results in an energy "high" followed by a crash. Having the highest proportion of carbohydrate as maltodextrin helps to avoid this problem.

The next highest carbohydrate component is fructose, which is the natural sugar derived from fruit. **Please Note:** The unsweetened Absorb Plus does not contain any fructose.

NATURAL SWEETENER

The sweetener used in Absorb Plus is a **natural fruit-source monosaccharide sugar called fructose and a natural herb called stevia**. Fructose is the natural sugar found in all fruits and some vegetables – this is NOT the same substance as high fructose corn syrup (HFCS). Absorb Plus French Vanilla (for example) contains 56 grams of maltodextrin (a glucose polymer) and 7 grams of fructose per serving. The amount of fructose in one serving of Absorb Plus is equivalent to that found in half an apple.

Because fructose must be changed to glucose in the liver in order to be utilized by the body, blood glucose levels do not rise as rapidly after fructose consumption compared to

other simple sugars or even complex carbohydrates. For example, the glycemic load calculation for 10 grams of fructose is only 2. In comparison, the glycemic load for a slice of bread is 10, for an apple is 7, and for a cup of white rice is 26.

Fructose is not transported directly into the bloodstream after digestion and absorption, but is converted into glycogen in the liver, where it is stored and used for energy at a later time. A clinical trial demonstrated no increase in blood glucose after ingestion of 15 grams or less of fructose. This lowered glycemic response with fructose ingestion appeared to be most effective in those individuals who had the poorest glucose tolerance profiles. In non-diabetic individuals, fructose consumption results in little or no discernable rise in blood insulin levels. (Moore MC, Mann SL, Davis SN, et al. *Acute fructose administration improves oral glucose tolerance in adults with type 2 diabetes*. Diabetes Care 2001;24(11):1882-87)

Most meal replacement or elemental diet products use artificial sweeteners like aspartame, Splenda/sucralose, or acesulfame-K. Independent research has shown all of these artificial sweeteners to be harmful to the body - for more information, do an internet keyword search on any of the above sweeteners. Absorb Plus does not use any artificial or chemical ingredients, period. Our elemental liquid diet formula is sweetened only with natural fructose and stevia.

Please Note: We also have an unsweetened version of Absorb Plus that does not contain any fructose or stevia – all other ingredients are the same.

FAT

There is **no fat or oil** in an Absorb Plus nutritional high protein shake, so it can easily be used by those with a complete fat intolerance. For all others, we recommend adding organic, cold-pressed flax oil (good fat), or Udo's Oil - between 1 tsp. to 1 tbsp. per shake.

People who have an oil or fat intolerance are usually consuming hydrogenated or heat/chemical-extracted oils. As soon as an oil or fat is heated past a certain point (often just pan frying is too hot), the molecular structure alters, rendering the oil difficult to digest, and actually harmful to cell membranes.

We encourage you to **add organic, unrefined, cold-pressed, flax seed or Udo's oil to your Absorb Plus liquid diet shakes**, to increase the Omega 3 and "good fat" (essential fatty acid) levels in your body, if you wish. We haven't included any flax oil in Absorb Plus for three reasons:

First, we wanted the product to work for people who have a complete fat intolerance. Second, any cold-pressed oil needs to be kept refrigerated and in a dark container at all times, or the fat denatures and becomes rancid. This would pose serious problems in shipping the product so you, so we chose instead to keep the product fat-free and encourage you to add your own from a bottle of flax oil you can buy refrigerated at the grocery store and then keep in your fridge.

Third, as different people can tolerate different levels of fat (dependent on the type and location of illness and degree of inflammation), we felt it best to allow you to add the level of fat that's right for you. We suggest you start with 1 teaspoon of organic, cold-pressed flax oil per shake (whip with Absorb Plus and water in the blender) and gradually increase to 1 tablespoon of flax oil per shake.

Flax oil is a very delicate, unstable oil, so make sure you only buy an organic, cold-pressed brand that's been kept in the refrigerator and use it up within 4-6 weeks of opening so it doesn't start to oxidize (become rancid) and irritate your gut. If you've been hemorrhaging or are very sensitive to oil, you may want to keep your flax oil in the freezer (it doesn't solidify completely) and squeeze it out as needed - this reduces the oxidation by 95%.

If you find you're still sensitive to flax oil, then try the Udo's Choice Oil Blend - you may find it better tolerated. You'll be able to consume more or less oil depending on your level of health (liver function, antioxidant capability, etc.). Let your body and your symptoms be your guide, and find the level of supplementation that's right for your body. You can also use hemp oil, but the taste is quite strong so you may not like it.

You may want to use flax oil in one nutritional shake, then Udo's in the next, and so on throughout the day. The Udo's is more expensive though, so if cost is an issue, then just

use the flax oil. If you're completely intolerant of any liquid oils, then take enteric-coated capsules of either flax oil or fish oil (make sure the company tests for fish oil toxicity though) to get your anti-inflammatory omega-3 and other essential fatty acids.

Most of the fat we consume is in unusable forms, which irritate our digestive system. Cold-pressed flax oil is absorbed very quickly, and even people with a marked "fat-intolerance" have no problem with it. Since the 1950's, most westerners have been severely deficient in essential fatty acids (EFAs), which leads to a wide variety of problems in the body. Regular ingestion of flax oil cures this deficiency. You can safely supplement with up to 8 to 10 tablespoons per day of flax or Udo's Oil. A good maintenance dose is 1 to 2 tablespoons per day.

Flax oil has a very mild, unobtrusive taste and is also great in salad dressings, drizzled over cooked vegetables, or stirred into dips, salsa or yogurt. However, do not heat the oil or use it to fry foods, as this destroys the essential fatty acids. Cold-water fish such as salmon, mackerel, sardines and herring also contain high levels of omega-3 and other "good fats" (EFA, GLA) needed by the body. If you try to work flax oil (essential fatty acids) into these other areas of your diet, it will soon be easy and delicious to get the amount you need each day.

The other significant benefit is that omega-3 is a powerful anti-inflammatory and has been used solely in double blind, placebo controlled studies to induce remission in patients with Crohn's disease (*The New England Journal of Medicine*, June 13, 1996). To get even higher levels of these anti-inflammatories per tablespoon, use an organic high lignan, cold-pressed flax oil.

VITAMINS AND MINERALS

Our **vitamin/mineral profile contained in each serving of Absorb Plus is one of the most extensive available**, and is specifically formulated for maximum tolerance and absorption by those with stomach and bowel disorders and sensitivities. For example, certain vitamins or minerals can result in diarrhea, and these have been kept at low levels in the formula to cause or worsen this problem. Absorb Plus is also iron-free, because iron can be a potent free radical and promote intestinal infection or trigger intestinal bleeding in people who are not anemic.

We've also included key vitamins and minerals that are particularly needed by people with inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS). For example, Absorb Plus contains the entire B-complex (including B12 in methylcobalamin form) in each serving. B-complex vitamins are especially helpful for people with gastrointestinal problems, as they are key players in the synthesis and repair of the mucosal lining and intestinal wall. B vitamins are also well known for their ability to reduce muscle spasms, aid in red blood cell production, and assist in the digestion and metabolism of fat, protein and carbohydrates. They also support the adrenal gland, increasing the body's resistance to stress and infection.

Another key vitamin involved in the mucosal lining of the intestine is vitamin A. Absorb Plus contains healthy levels of vitamin A in the superior beta-carotene form. It also contains Vitamin K2 (in MK-7 menaquinone form) – first identified by Dr. Weston A. Price as the mysterious "Activator X" that made certain tribal people so healthy – and potassium iodide, which supports the thyroid gland (almost always unbalanced in chronic illness).

Most people requiring an elemental nutrition and protein supplement like Absorb Plus are probably mildly to severely deficient in numerous vitamins and minerals. What most people don't know is that vitamins and minerals are so key to the proper functioning of our bodies that deficiencies can often be mistaken for a disorder or disease. The EFAs (essential fatty acids) contained in cold-pressed oils and many amino acids also require sufficient levels of various vitamins and minerals in order to be absorbed and used properly.

Absorb Plus' commitment to superior quality is also evident in our vitamin and mineral profile. Each vitamin and mineral is present in its most easily absorbable form, and consuming these vitamins/minerals in liquid form greatly enhances their absorption. Also, there are no shellacked, hard casings or gel caps to dissolve prior to digestion.

Most people who are ill also have a hyperacidic pH level, and one of the best ways to correct hyperacidity is by mineral supplementation. Absorb Plus contains an extensive, full-spectrum array of alkalizing (acid reducing) major and trace minerals. Usually, multi-vitamins only contain the major, common minerals (like calcium, magnesium, potassium, etc.) and you have to purchase a separate formula to get a supply of trace minerals (vanadium, chromium, molybdenum, copper, manganese, etc.). Absorb Plus contains both the major and trace minerals together in one formula.

Absorb Plus is specially formulated to not exceed safe levels for each vitamin or mineral, for up to 12 servings per day. If you're using Absorb Plus less than twice a day, you may wish to continue taking your regular multi-vitamin/mineral as well. For a detailed listing of all the vitamins and minerals, see the Supplement Facts chart at the end of this section.

NATURAL FLAVORS

Absorb Plus is one of the few optimum nutrition products on the market containing **100% natural flavoring**. Our unique natural flavor extract blends include French Vanilla, Berry Fusion and Chocolate Royale and are truly yummy. We have spent considerable time and effort getting each flavor to taste absolutely delicious!

Most liquid shake products use artificial flavouring to save on production costs. At Absorb Plus, we'll never sacrifice quality and integrity for profit, using only 100% natural flavor extracts in all of our delicious blends: French Vanilla, Berry Fusion and Chocolate Royale.

If you love chocolate but tend to be sensitive to it, check out our Shake Recipe Section on our website (www.absorbplus.com) for great ideas on how to enjoy your chocolate without a negative reaction.

Testimonials:

I am happy to tell you how much I enjoy Absorb Plus. I always had digestive problems and started to take Absorb Plus as a midnight snack. It did help me to feel comfortable. The best use I have is when I go to exercise; I take it about 1 to 2 hours before and have now no stomach discomfort or gas with exercise. I am happy that I found your product.

W.D., New York, USA

"The shakes (in addition with flax) have been very filling and I have had no cravings! Which was quite surprising since I normally have a voracious appetite. Even my husband who is not on the Elemental Diet has been having shakes as they provide an excellent source of Energy. I haven't had to change my lifestyle at all. I still have the same amount of energy. If anything I think the Absorb Plus shakes have made life easier since there was no need to worry about planning meals, shopping or cooking! I will certainly continue using Absorb Plus even when I'm done the elemental diet for nutrition!! Thank you for a great product!"

G.M., Alberta, Canada

SUPPLEMENT FACTS CHART

SUPPLEMENT FACTS		
Serving Size: 4 scoops (100 g)		
Servings per Container: 10		
	Amount per Serving	% Daily Value†
Calories 360		
Calories from Fat 5		
Total Fat	0 g	
Saturated Fat	0 g	
Cholesterol	0 g	
Total Carbohydrate	62g	20%
Dietary Fiber	0 g	
Sugars	9 g	
Protein	27 g	54%
Vitamin A (as beta carotene)	1125 IU	23%
Vitamin C (as calcium ascorbate)	60 mg	100%
Vitamin D3 (as cholecalciferol)	100 IU	25%
Vitamin E (as d-alpha tocopheryl acetate)	75 IU	250%
Vitamin K2 (as menaquinone MK-7)	10 mcg	13%
Thiamin (as thiamine mononitrate)	5 mg	333%
Riboflavin (as riboflavin-5-phosphate)	5 mg	294%
Niacin (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine HCl)	7 mg	350%
Folic Acid	100 mcg	25%
Vitamin B12 (as methylcobalamin)	10 mcg	167%
Biotin	10 mcg	3%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	50%
Calcium (as tricalcium phosphate)	50 mg	5%
Phosphorus (as tricalcium phosphate)	26 mg	3%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	20 mg	5%
Zinc (as zinc gluconate)	5 mg	33%
Selenium (as sodium selenate)	10 mcg	14%
Copper (as copper gluconate)	0.25 mg	13%
Manganese (as manganese gluconate)	1 mg	50%
Chromium (as chromium chloride)	25 mcg	21%
Molybdenum (as sodium molybdenate)	10 mcg	13%
Sodium (as sodium chloride)	137 mg	6%
Potassium (as potassium chloride)	361 mg	10%
Choline (as choline bitartrate)	75 mg	‡
Inositol	125 mg	‡
Silica (as sodium silicate)	2.5 mg	‡
Vanadium (as vanadium citrate)	5 mcg	‡
Whey Protein Isolate	27 g	‡
Proprietary Amino Acid Blend	3.65 g	‡
L-glutamine, L-glycine, L-aspartic acid, L-tyrosine, L-proline, L-alanine, L-threonine, L-serine, L-glutamic acid, L-cysteine		
Stevia leaf extract	125 mg	‡

† Daily Values are based on a 2,000 calorie diet.

‡ Daily Value not established.

Other Ingredients: Tapioca maltodextrin, fructose, natural vanilla flavor

USAGE

Each 100 gram serving of Absorb Plus contains 27 grams of protein and about 360 calories. Adding 1 tablespoon of Udo's or flax oil (120 calories) per shake will bring the total calorie count up to 480 per shake, and you'll also get a tastier shake! Keep in mind that mixing Absorb Plus with a liquid other than water will also increase the calorie count (however, it will then no longer be an elemental shake).

Absorb Plus can be used in three ways:

1. To maintain your current weight while increasing your level of nutrition
2. To resolve malnutrition and build muscle, gaining solid, healthy weight (not fat)
3. To control calorie intake and lose weight while still getting good nutrition

Whether you want to lose weight, gain weight, or simply maintain your existing weight, is simply a matter of calories ingested. One serving of Absorb Plus, with 1 tbsp. of Udo's Oil added = 480 calories.

HOW MANY SHAKES PER DAY SHOULD I DRINK?

The number of shakes per day that you should consume depends on your age, weight, height, metabolism, disease activity and how much oil you're adding per shake. So use the guidelines below to figure out the best caloric intake for your particular body and needs.

1. Your good fat tolerance – How much flax or Udo's can you add per shake?

Ideally, you want to add as much oil as you can tolerate per shake because aside from its health benefits, adding oil helps to increase the calorie count per shake. One teaspoon of flax or Udo's oil is 40 calories and one tablespoon of flax oil is 120 calories. The final calorie count of your shake depends on how much flax oil you add so, as I said, add as much as you can, up to your personal tolerance level.

The calorie calculations below are based upon you being able to add 1 tablespoon of cold-pressed organic flax oil, or Udo's oil to each shake (which adds an additional 120 calories)

One Serving of French Vanilla Absorb Plus = 360 calories
So if you add 1 tbsp. of flax or Udo's oil = 480 calories per shake.

But, if you can only tolerate one teaspoon of oil, then that will bring your total calories per shake down to 400. Jini Patel Thompson purposely did not formulate Absorb Plus with a fat source, due to people's extreme variance in fat tolerance. Some people cannot tolerate *any* fat, so they start with just Absorb Plus mixed with water. Then, as their gastrointestinal tract heals they can start adding 1/2 tsp. of oil, then 1 tsp. etc. until they are up to the recommended 1 tbsp. of cold-pressed, organic flax, or Udo's oil per shake.

2. Your age, weight, height, metabolism and disease activity

If you are a **child or teenager** (still growing) you need a lot of extra calories to fuel your growth, in addition to the calories you need to maintain daily activity, and in addition to the nutrients needed for healing disease.

If you are in an **active disease state**, then you also need a lot of extra calories (and protein) for healing and tissue repair, in addition to the calories needed by any normal person of your height and weight for daily living.

If you are a **tall or heavy person**, you will need more calories per day (hence more shakes) than a short or small-boned, light person.

If you want to simultaneously **gain weight**, then you need to ingest extra calories in addition to all your body's special needs, just to put on extra weight.

If you want to **lose weight**, then you will calculate your number of shakes according to your *desired* body weight, not your current body weight. This will allow you to lose fat, whilst still nourishing your body and your muscles.

So, based on our experience with thousands of people with IBD who have used Absorb Plus, the basic calculation for figuring out how many shakes you need to consume each day on an exclusive elemental diet is this:

To *maintain* your existing weight:

- A sedentary adult (you just sit or lie down all day) with IBD needs to consume: 17 calories per pound of current/existing body weight per day. Example: So if you weigh 120 pounds, you need to consume a minimum of 2040 calories per day ($120 \times 17 = 2040$). This means if you mix your Absorb Plus shakes with water and 1 tablespoon of flax or Udo's oil, then each shake is 480 calories. Therefore, you need to drink a minimum of 4.2 shakes per day (so you would drink 4.5 – 5 shakes) to maintain your weight.
- An active adult with IBD needs to consume: 20 calories per pound of current body weight, daily
- A growing child or teenager with IBD needs to consume: 35 calories per pound of current body weight, daily
- A pregnant or nursing woman with IBD needs to consume: 25 calories per pound of current body weight, daily

To gain weight (about 2 pounds per week):

- A sedentary adult with IBD needs to consume: 17 calories per pound of current body weight + 2 additional shakes, per day.
- An active adult with IBD needs to consume: 20 calories per pound of current body weight + 3 additional shakes per day
- A child or teenager with IBD needs to consume: 40 calories per pound of current body weight, per day (but minimum of 5 shakes/day)

- A pregnant or nursing woman with IBD needs to consume: 25 calories per pound of current body weight + 2-3 additional shakes per day

Note: If you are someone with a high metabolism, then you may also need additional shakes to those given above. Basically, use these calculations to give you a rough guideline. But since each body utilizes calories differently, adjust up or down according to your body's needs. Remember, these calculations are for people using ONLY Absorb Plus as their sole food source, during an elemental diet.

The bottom line: If in doubt, start with 6 shakes per day and then increase from there until you start seeing weight gain, or the desired results. But give yourself time to gradually build up to your desired intake. Remember that this is a brand new food source and very different from what your body is used to dealing with, so allow for an adjustment phase and proceed at the pace that's right for you. If you are using Absorb Plus as a half-elemental diet, or just to supplement your regular diet, then just drink as many shakes as you wish to replace your normal food.

For Example: Jini's first time on an elemental diet, when she weighed 99 pounds (she's 5'7"), she drank 9 shakes per day to gain 36 pounds in six weeks. Her second time on an elemental diet, when she weighed 115 pounds, she drank 6 shakes per day to gradually gain 5 pounds in three weeks. It's very individual, so don't be afraid to experiment.

Sometimes doctors or dieticians will express concern about patients ingesting such a high amount of protein per day and whether it will stress the liver or kidneys. Unless you have a pre-existing liver or kidney condition, we have not seen this to be an issue.

As a baseline, the body can easily handle three times its weight (grams to kilograms) of protein per day. So if you weigh 50 kg, you can easily handle 150 grams of protein per day – that would be 5.5 Absorb Plus shakes. However, in active disease states, where extra protein is needed for a myriad of functions, the body can utilize even more protein before you will see any of it coming out in the urine.

Jini's first time on the elemental diet, by the time she'd built up to 8 shakes per day, she weighed 105 pounds (48 kg). The maximum amount of protein per day for her at that weight should have been 150 grams, however, she was consuming 216 grams (8 shakes) per day and seeing only positive results.

We have also seen, over the decade that people have been using Absorb Plus, that growing children (especially those who are behind on the weight/height charts) can handle even higher amounts of protein per day and only benefit. So it's best to stay tuned to your unique body and adjust your shake intake as needed to accomplish your goals*. You can also ask your doctor to monitor your liver and kidney function whilst on the Diet.

*Do not exceed 12 servings of Absorb Plus per day.

Testimonial:

Here's how Absorb Plus has changed my life: Since I started on the Absorb Plus I have gone from being so run down and malnourished that I could barely move around, to achieving the energy levels required to do light housework, yoga and even do the unthinkable - spring cleaning and outdoor gardening! What I relish the most is that now I have enough energy to enjoy being around my family and friends partaking in backyard barbecues just like the good old days....

M.D., Ontario, Canada

FREQUENTLY ASKED QUESTIONS

Why is Absorb Plus better than other liquid diet products?

Absorb Plus tastes better, mixes better, absorbs faster, is better tolerated, is natural, and is not just fat and sugar!

Most elemental weight gain/maintenance liquid diet products are available only in hospitals, pharmacies, or by prescription from your doctor. They are composed predominantly of fat (oil) and sugar. Unfortunately, the weight that is gained from these products tends to reflect the key components - i.e. fat. It is also very difficult to drink a sufficient amount of calories from these products, as many people simply can't tolerate the high oil content, or the taste.

In addition, most contain artificial flavors and sweeteners - which research has shown to be harmful to the body. For people in extreme states of malnutrition, these products are usually pumped directly into the stomach via a 'shunt' or tube inserted through the skin into the stomach itself due to their unpalatable taste and composition.

There are many whey protein or food supplement products on the shelf in health stores or natural food stores, but they are rarely elemental (pre-digested) and thus they are less easily absorbed. And they too usually contain artificial flavors and sweeteners.

In contrast, Absorb Plus is composed of natural ingredients, flavors and sweeteners in elemental (pre-digested) form. Our customers constantly comment on how light and fresh tasting it is. We even have completely healthy people using it as their daily breakfast shake just because it's such a nutritious, great-tasting product! Absorb Plus contains no oil, so it's ideal for people with a fat intolerance.

But we do encourage our customers to add the amount of organic flax or Udo's oil that they can tolerate (between 1 tsp. to 1 tbsp. per shake) to reap the benefits of the essential fatty acids (EFAs) and anti-inflammatory action of the Omega-3s contained in this good fat. Due to the quality nutrition contained in Absorb Plus, you'll build muscles - not fat - if that's your goal. Of course, you can also use Absorb Plus as a high quality

nutrient and protein supplement to simply maintain your existing weight, or as a good source of nutrients whilst you lose unwanted weight.

What if I'm allergic to cow's milk?

The majority of people with a milk allergy are allergic to either lactose or a dominant milk protein called casein. Cow's milk is composed of 80% casein and 20% whey. Absorb Plus is 99.8% lactose free and does not contain any casein. The protein component of Absorb Plus is a natural, cold-extracted whey protein isolate - ALL of the casein has been removed. And due to the cold, cross-flow membrane extraction method, the whey protein is not denatured or damaged. Therefore, Absorb Plus may be safe and well tolerated even by those with a "milk allergy" - as we've removed the commonly allergenic components and preserved the quality of the whey protein.

*Please test a small amount first to be sure and if your allergy is severe, then don't consume, or only do so under the supervision of your physician.

Can I continue to take my current prescriptions and supplements?

Yes, Absorb Plus can be taken with all ongoing prescriptions and herbal supplements.

Can I use Absorb Plus as part of an elemental diet?

As Absorb Plus is a completely elemental (pre-digested) product, it can be used as part of an exclusively elemental liquid diet. Elemental diets are used to stop intestinal bleeding, induce disease remission (especially in bowel disorders) and heal the gastrointestinal (GI) tract.

For more information about following a strictly elemental diet, see Jini Patel Thompson's book, THE IBD REMISSION DIET (you can read Chapter One FREE, on-line) at:

www.ListenToYourGut.com

Does Absorb Plus contain any gluten?

Absorb Plus is a completely gluten-free product. The maltodextrin in Absorb Plus is from cassava root (tapioca), does not contain gluten and is not related to barley-derived malt.

Where can I buy Absorb Plus?

USA and International

Absorb Plus is not currently available in any stores in the US. However, it can be purchased online at:

www.LTYGshoppe.com

All US and International orders and customer service is carried out by our customer service team based in Washington State, USA. You can reach us by calling:

Toll Free: 1-800-460-8606 (US and Canada only) or

Telephone: 1-360-305-3245 (International).

For all email enquiries, please contact: service@listentoyourgut.com

Is there a money back guarantee?

Yes. If you are not completely satisfied with Absorb Plus you may return any unopened tubs within 30 days of ordering and your money will be refunded immediately (less the original shipping charges).

CUSTOMER STORIES

PLEASE NOTE: We do not use full names or cities in any of our testimonials, since people are often discriminated against (at work, for example) if it becomes known that they suffer from these diseases.

I have been using Absorb Plus for over a year now. It is so great to have these shakes to rely on instead of drugs. I have not had to go on prednisone, because the Absorb Plus gets me back on the right track naturally. My GI Doc has finally agreed to stop pestering me about taking prednisone to get me into remission as long as the Absorb Plus is doing its job. So far; so good. Thank you to all involved in supplying Absorb Plus to the public.

D.S., Texas, USA

I am in my third year of using Absorb Plus. I use it daily to supplement my diet where I restrict myself from certain food types as described in Jini Patel Thompson's book *Listen to Your Gut*. I have been making steady progress against 30 years of Crohn's disease by diet and lifestyle changes. I generally combine the different flavors of Absorb Plus and use a heavier chocolate serving late in the day as my dessert. Well, two months ago my colonoscopy showed that much of my inflammation had healed and my Crohn's was not active. Wow. Although I was not surprised, I was very elated. Three years ago, the doctors wanted to perform surgery because my inflammation was too great to perform a colon exam. I said no to that, did my research, and made changes to help myself. I believe Absorb Plus played a significant role in my comeback.

A.H., Maryland, USA

Hello! Just want to thank you very much again for such a great product! I have Crohn's disease and was in the hospital on TPN (IV feeding) due to complications, severe weight loss, dehydration, malnutrition and malabsorption. My doctor ordered that I remain on TPN for possibly a month or, when ready, switch to an elemental diet only. Luckily, my boyfriend had brought a jar of Absorb Plus to the hospital and I was able to slowly start drinking it. The doctors, nurses and dietitians were all impressed with your product as

well. Having Absorb Plus allowed me to discontinue TPN and leave the hospital! The flavors are quite delicious and filling as well. I slowly started gaining weight and strength by drinking 4 to 8 shakes a day as an exclusive elemental diet. Thank you also, Jini, for your book *Listen To Your Gut*, it has been very helpful too. I'm slowly getting better and am optimistic that I'll be healthy and strong again! Thank you so much again for Absorb Plus and everyone's help and kindness! Peace and Happiness to all!

G.B., California, USA

I must say the taste and variety provided are fantastic! I was somewhat hesitant since there are only 3 flavors available, but have realized there is quite a bit of variety available, especially when experimenting with mixing the flavors and I urge others to do the same! The shakes (in addition with flax) have been very filling and I have had no cravings! Which was quite surprising since I normally have a voracious appetite. But most importantly, my chocolate cravings were satisfied nicely by the Chocolate Royale.

Even my husband, who is not on the Elemental Diet, has been having shakes as they provide an excellent source of energy. I haven't had to change my lifestyle at all; I still have the same amount of energy and am able to go to the gym three times a week, work and take night classes. If anything I think the Absorb Plus shakes have made life easier since there was no need to worry about planning meals, shopping or cooking! And with my busy schedule they provided all the nutrition and calories and energy I need. I would most definitely recommend Absorb Plus to anyone out there who is considering following the elemental diet or just to keep on hand for their daily dose of vitamins! And as I said they're great as a meal replacement when you're on the go.

G.M., Alberta, Canada

My son was diagnosed with Crohn's last summer - at 14 years old he weighed only 75 lbs. He was started on high doses of steroids, along with Pentasa. Since this was a completely new disease to us and we knew virtually nothing, we did everything the pediatric specialist said. It soon became quite apparent this was not working - he still had no appetite, no energy, and couldn't gain any weight. But, almost immediately after starting the Absorb Plus shakes, my husband and I noticed a change in him - he lost the

dark circles under his eyes, he lost the pale color, he sleeps like a baby, he has so much energy (he is actually acting like a teenage boy should), his appetite is almost normal, and he has gained almost 5 pounds in a month. I love how nutritionally complete they are, too - he is deficient in many vitamins and minerals, and I feel confident that he is getting them from these shakes since they are so easily absorbed. I can't thank you enough - I tell everybody about you! Keep up the good work!

C.D., Pennsylvania, USA

www.absorbplus.com

LEGAL DISCLAIMER - Jini Patel Thompson is a health writer and consumer advocate. She is not a doctor or registered health professional. The information in this report is simply her personal opinion, based on years of research and experience. This report is not intended to replace the services of a physician, nor does it constitute a doctor-patient relationship. Any application of the recommendations in this report is at the reader's discretion. Jini Patel Thompson and Listen To Your Gut Enterprises Inc. are not liable for any direct or indirect claim, loss or damage resulting from use of this report and/or any web site(s) linked to/from it. Readers should consult their own physicians concerning the recommendations in this report.

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