“The Right Amino Acids at The Right Time™”

Helping you manage your treatment side effects; so you can focus on what it is important!

Patient Information
Helping You Manage the Side Effects of Your Cancer Therapy

Many of us have watched loved ones go through the challenges of being treated for cancer. Now that you’ve been diagnosed, you may have concerns about the potential side effects of your course of treatment. Fortunately, there are many new advancements in supportive care that can reduce or even prevent some of these side effects.

Entrinsic Health Solutions’ mission is to address the critical digestive, nutritional, and hydration related side effects that can result from getting treated for cancer. Our focus is your supportive care. We are committed to preventing and reducing these treatment side effects, helping you remain on the treatment program you need to feel better and beat the cancer.

Why do I sometimes feel sick during cancer treatment?

While chemotherapy and radiation treatments act aggressively on the growing cancer cells, they also target and affect healthy non-cancerous cells. Among these healthy cells are those that are rapidly regenerating and are found in the gastrointestinal (GI) tract, the mouth, and stomach.

Cancer treatments can decrease the rate in which these cell regenerate and can cause a break down in the gut barrier function that can cause bacteria and toxins entering your system resulting in symptoms such as inflammation, diarrhea, nausea/vomiting, dehydration, oral mucositis (painful swelling of the tissue in the mouth) and gastritis.

enterade® can help reduce and manage the side effects of cancer therapy.
The importance of staying on treatment

Your physician will determine the best treatment options for you in which to fight your cancer and help manage the potential side effects. For some, the side effects can be so intense that the decision is made to modify or stop treatment. When side effects occur, it can be difficult to continue your fight against cancer. Even though you may be feeling bad, it is important to stay on treatment and discuss these side effects with your oncologist or nurse. Entrinsic Health Solutions developed enterade® to help manage GI dysfunction and the unique nutritional needs of patients receiving treatments for cancer, improving how you feel and keeping you on track.

What can you do to feel better during treatment?

Clinical cancer guidelines such as the Multinational Association of Supportive Care in Cancer (MASCC) recommend maintaining a healthy diet and proper oral hydration to help reduce the chance of developing GI side effects from treatment. Your doctor or nurse may also add supportive care medications along with diet and hydration. Adding enterade® to your daily routine can help manage and maintain GI function while undergoing treatments for cancer and provide the nutrients and hydration to minimize the side effects of cancer therapy.

This image highlights the side effects that may occur in the GI tract from chemotherapy and radiation treatments.
enterade® is an amino acid-based, glucose free, medical food/beverage that is lightly sweetened with stevia leaf extract. enterade® provides select amino acids and electrolytes (sodium and potassium)—the nutrients needed to rebuild and protect the GI tract and deliver total body hydration for patients undergoing treatment for cancer.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories: 5 Calories from Fat 0%</th>
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<tbody>
<tr>
<td>Total Fat (g)</td>
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</tr>
<tr>
<td>Saturated Fat (g)</td>
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<tr>
<td>Sugars (g)</td>
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</tr>
<tr>
<td>Protein (g)</td>
<td>0 g</td>
</tr>
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</table>

*Percent Daily Values are based on a 2,000 calorie diet

Ingredients: Water, amino acids blend, natural flavor, sodium chloride, sodium citrate, potassium chloride, magnesium chloride, calcium chloride, stevia leaf extract.

Proprietary Amino Acid Blend: L-Aspartic Acid, L-Valine, L-Serine, L-Threonine, L-Tyrosine
Amino acids are the basis of all life processes and the backbone of body proteins. They help build and support the function of the cells (including the transport, absorption, and storage of fluids, electrolytes, and nutrients) you need to survive, and are obtained from the foods you eat and drink. When receiving treatment for cancer, the GI tract’s ability to absorb essential nutrients and electrolytes is disrupted, resulting in poor digestive health. The select amino acids in enterade<sup>®</sup> Advanced Oncology Formula help rebuild the villi (lining of the intestine) and protect the GI tract supporting a healthy immune function. As well, enterade<sup>®</sup> Advanced Oncology Formula delivers total body hydration replenishing fluids loss.

**enterade<sup>®</sup> is the path to feeling better**

Patients who have used enterade<sup>®</sup> said:

“enterade<sup>®</sup> helped me feel like it was healing me on the inside.”
How enterade® can help

Among the fast growing cells found in the GI tract that cancer therapy may affect are the villi. In addition, cancer treatments may impact gut barrier function which provides protection from external toxins and bacteria into the body. The villi promote proper absorption of nutrients, electrolytes, and fluids. Disruption in the function of the villi can result in improper nutrient absorption and dehydration. Diminished gut barrier function can result in the passage of external toxins/bacteria into your body causing inflammation, nausea/vomiting, diarrhea, dehydration, oral mucositis, and gastritis. The select amino acids in enterade® Advanced Oncology Formula help facilitate proper nutrient absorption and improvement in gut barrier function, helping you manage the side effects of cancer therapy.

Dehydration can also be a result of the damage caused by cancer therapy in the gut creating an electrolyte imbalance. Clinical research done with the United States Army Research Institute of Environmental Medicine (USAREIM)\(^2\), have shown that the select amino acids in enterade® work to enhance electrolyte and fluid replacement (rehydration) more rapidly leading to total body hydration.

enterade® delivers improved GI health by rebuilding, protecting, and hydrating.

enterade® and Amino Acids

enterade® supports long term digestive health in 3 ways:

- Rebuilds: enterade® helps rebuild the GI's absorptive structures.
- Protects: enterade® helps protect the GI to support healthy immune function by tightening the gut barrier.
- Hydrates: enterade® uses select amino acids to transport electrolytes and fluids through the blood into the cells facilitating total body hydration.
Importance of glucose free

Glucose in the normal healthy gut is used to transport nutrients, electrolytes and fluids into the body. In a damaged gut, such as in patients undergoing cancer treatment, the villi become blunted, leaving them unable to absorb glucose-bound nutrients and electrolytes. Clinical testing conducted at United States Army Research Institute of Environmental Medicine (USAREIM)\(^2\), showed that enterade® select amino acids, rather than glucose, provides superior nutrient and electrolyte absorption as well as greater retention when compared to glucose based beverages. Additionally, glucose has been shown to stimulate chloride secretion (fluid loss/diarrhea), and weaken barrier function (cause for bacteria and toxins to enter the body) causing leaky gut. Research funded by the National Space Biomedical Research Institute (NSBRI), a NASA\(^3\) funded consortium of institutions, showed that enterade® amino acid-based formulations did not increase active chloride secretion, improved barrier function and helped rebuild the GI absorptive structures.

How do you take enterade®?

**How much enterade® should I drink?**
Directed by your healthcare provider, typical dose is two 8 ounce bottles per day.

**When should I drink enterade®?**
Directed by your healthcare provider, typical use of enterade® is 30 minutes before a meal or 1 hour after consuming food. Patients preferred chilled or over ice. Do not mix enterade® with other products.

**How soon will I start feeling better using enterade®?**
The effects of enterade® will depend on your condition and severity of side effects experienced. While some patients reported starting to feel better after drinking enterade® in as little as 2 days, studies have shown that enterade® generally will help you feel better after 7 days.

**How long can I take enterade®?**
Use prior to starting treatment and throughout treatment or as side effects persist as directed by your doctor.

**How many bottles enterade® come in a pack of enterade®?**
enterade® is available in packs of 12 or 24 bottles.

**What flavor is enterade®?**
You can choose from two mild flavors:
- Original Vanilla
- Refreshing Orange

**What side effects can enterade® manage?**
Clinical Research has shown that enterade® can help with:
- Reducing diarrhea*  
- Nausea  
- Dehydration  
- General GI symptoms  
- Weight maintenance  
- Vomiting

**This sounds great! How do I get started on enterade®?**
enterade® is available without a prescription, but should be used under the supervision of your healthcare provider. You can order it from your treating physician, order online at www.enterade.com, or call 1-855-ENTERADE (1-855-368-3723) and have it shipped to your home. If you have a commercial insurance plan, you may order enterade® through SimfaRose Specialty Pharmacy by calling 954-435-7200.

* Related to cancer treatment

References
1. Multinational Association for Supportive Care in Cancer™ (MASCC)/European Society for Medical Oncology (ESMO) Guideline 2016. Antiemetic Guidelines. 2016 v.1.2.