Prepare Better. Recover Faster.

Building better outcomes through evidence-based nutrition.

Enhanced Medical Nutrition ("EMN") is a transformative food-as-medicine company that builds clinical nutrition products to help patients prepare better and recover faster.

EMN's product offerings are evidence-based enteral formulas* (drinks/tube feeds) that support muscle metabolism, immune function, and accelerate recovery.

Clinical Background:

ERAS®** is a multimodal, multidisciplinary initiative highlighting surgical best practices. It consists of evidence-based principles supporting an **improved patient experience, reduced length of stay, decreased complication rates, and fewer hospital readmissions.**[1]

This holistic approach promotes the use of evidence-based and standardized clinical perioperative nutrition, such as the solutions offered by EMN.

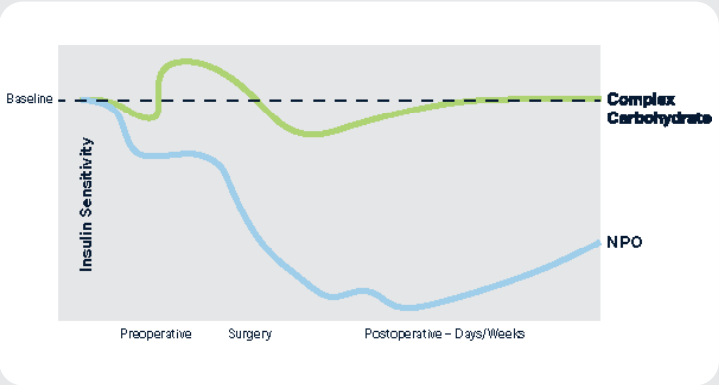
Fasting before surgery leaves patients unprepared for the metabolic stress of surgery. As a result, surgical infection, prolonged hospital stay, and lean muscle loss create an increased risk to patients and prohibitive costs to healthcare systems.[2]

Preoperative carbohydrate loading is a high-impact, low-cost nutritional component of ERAS® that reduces the metabolic stress of surgery. **ENROUTE® PREPARE keeps the body in a fed state as opposed to a fasted state, which promotes anabolism and minimizes insulin resistance.**[3]

ENROUTE® PREPARE



ENROUTE® PREPARE is a preoperative complex carbohydrate drink prescribed to patients the morning before surgery.[4]



ERAS® guidelines strongly recommend consuming 50 grams of oral complex carbohydrates with 12.5% concentration and a proven safety profile up to 2 hours before anesthesia **as an alternative to preoperative fasting.**[4]

Simple carbohydrates (juice and sports drinks) produce an insufficient insulin response before surgery compared to complex carbohydrates.[5]

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Enhanced Medical Nutrition

ENROUTE® PREPARE

Preoperative Drink

Your patient's journey to a faster recovery.

Reduces:

- Insulin Resistance [6]
- Length of Hospital Stay [4,7]
- Vomiting and Nausea [8]
- Nitrogen and Protein Loss [9,10]
- Hunger, Thirst, and Anxiety [11,12]

Improves:

- Patient Wellbeing [1]
- Lean Body Mass [13]
- Muscle Strength [14,15]

How does ENROUTE® PREPARE improve surgical results?

Safety

ENROUTE® PREPARE has a low osmolality (114 mOsmol/kg H2O) and reliably empties from the stomach in less than 2 hours.[16]

Adherence

ENROUTE® PREPARE is easily mixed with water and has a natural citrus flavor with uniform consistency (tastes great).

No Sugar Added

ENROUTE® PREPARE should be considered for patients with well-controlled type 2 diabetes (HbA1c <7%).[17]

Directions of Use:

- Measure 13.5 fl. oz. (400mL) of **water** into a glass or water bottle.
- Pour the ENROUTE® PREPARE powder into the measured water.
- Stir or shake until the powder is completely dissolved.
- Drink completely, **one hour before your scheduled arrival time**.

ENROUTE® PREPARE meets the ASA® clear fluid guidelines for preoperative fasting.
*EMN products are Health Canada/FDA: APPROVED.
**ERAS® is a registered trademark of the Enhanced Recovery After Surgery Society.
This product has not been reviewed or endorsed by the ERAS® Society or ASA®.

Nutrition Facts

1 serving per container

Serving size	**1 Package (54g)**
Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**7%**
Total Carbohydrate 50g	**18%**
Dietary Fiber 0g	
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	**0%**
Calcium 0mg	**0%**
Iron 0mg	**0%**
Potassium 65mg	**2%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contraindications: Type 1 Diabetes, Gastroparesis.

Ingredients: Maltodextrin, Citric acid, Natural citrus flavor, Sodium chloride, Stevia.

Contains: Corn.

A MEDICAL FOOD

For use only under the direct medical supervision of a physician. Not for parenteral use. Usage to be determined by a healthcare professional. Not suitable as a sole source of nutrition

Use with caution in young children and patients with diabetes mellitus.

Gluten-free. Fiber-free. Protein-free. No sugar added. 100% Plant-based. Manufactured in a GMP facility.

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