

## News release

### Nestlé Health Science Unveils ProNourish™ Low FODMAP Nutritional Drink

*Formulated with the advice of healthcare professionals to be compliant with a Low FODMAP Diet for people with digestive sensitivities*

**Florham Park, N.J., October 4, 2016** — Nestlé Health Science introduces ProNourish™ ([www.ProNourish.com](http://www.ProNourish.com)), the first nationally distributed product of its kind designed and marketed specifically to be low in FODMAPs for people with digestive sensitivities. ProNourish™ drink is a delicious nutritional drink that helps make following a low FODMAP diet easier, whether at home or on-the-go.

FODMAP is an acronym for Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols, which classifies specific types of short-chain carbohydrates that can be poorly absorbed in the small intestine, resulting in severe abdominal pain, bloating, constipation and/or diarrhea and excess gas in some people. Research shows that a diet low in FODMAPs can significantly reduce symptoms of digestive discomfort for some people living with digestive sensitivities. The efficacy of the low FODMAP diet is supported by more than 30 clinical studies.<sup>1,2</sup>

“Meal and snack time can be filled with anxiety for many patients because they experience gastrointestinal symptoms after eating certain foods, such as those that are high in FODMAPs,” explained Travis Stork, M.D., spokesperson for ProNourish™. “I recommend ProNourish™ drink as part of a low FODMAP diet so patients can enjoy a mini-meal or snack without worry.”

ProNourish™ drink features the TruComfort™ Digestive Care Blend with ingredients carefully selected to be low in FODMAPs, including 3g of low FODMAP fiber to support digestive health.

<p><b>ProNourish™ 8 fluid-ounce drinks have:</b></p> <ul style="list-style-type: none"> <li>• Only 170 calories and 6 grams of sugars</li> <li>• 15 grams of high-quality protein</li> <li>• 3 grams of low FODMAP fiber</li> <li>• 25 essential vitamins and minerals</li> <li>• NO Sugar alcohols</li> <li>• NO Fructooligosaccharides</li> <li>• NO Inulin</li> <li>• NO High fructose corn syrup</li> <li>• NO Gluten</li> <li>• Monash University Low FODMAP Certified</li> </ul>	
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ProNourish™ drinks are also suitable for people with gluten sensitivity or celiac disease as well as lactose intolerance; but are not suitable for individuals with galactosemia.

“Often times, people with digestive sensitivities avoid all foods and food categories that give them discomfort, or even fear of discomfort, which can unintentionally impact their nutritional intake,” explains Barbara McCartney, Regional Business Head for Nestlé Health Science Consumer Care in North America. “With our new ProNourish™ Low FODMAP nutritional drink, we are providing a trusted source of nutrition that can be enjoyed, knowing that it has been fully tested and certified to be low in FODMAPs by Monash University (Australia).”

ProNourish™ drinks can be found in the nutritional drink section (within diet management aisle) at grocery stores or pharmacies nationwide. It can also be purchased online at the **Nestlé Nutrition Store** and other e-tailers.

This new product introduction follows the launch of [www.LowFODMAPcentral.com](http://www.LowFODMAPcentral.com), a comprehensive online resource developed by Nestlé Health Science to support both the consumer seeking more information about FODMAPs and the healthcare professional looking to build knowledge and practice tools.

### **ProNourish™ Drinks Now Available in the US only**

Flavors: French Vanilla, Strawberry Banana

Bottle Size: 8 fl oz (237mL)

URL: [www.ProNourish.com](http://www.ProNourish.com)

### **About Nestlé Health Science**

Nestlé Health Science, a wholly-owned subsidiary of Nestlé, is a health-science company engaged in advancing the role of nutrition therapy to change the course of health for consumers, patients and its partners in healthcare. Nestlé Health Science's portfolio of nutrition solutions, diagnostics, devices and drugs targets a number of health areas, such as inborn errors of metabolism, pediatric and acute care, obesity care, healthy aging, and gastrointestinal and brain health. Through investing in innovation and leveraging leading edge science, Nestlé Health Science brings forward innovative nutritional therapies with clinical, health economic value and quality of life benefits. Nestlé Health Science employs around 3,000 people worldwide and is headquartered in Epalinges (near Lausanne), Switzerland. For more information, please visit [www.nestlehealthscience.us](http://www.nestlehealthscience.us).

*Note: This product is not intended to diagnose, treat, cure or prevent any disease. A strict low FODMAP diet should only be commenced under the supervision of a healthcare professional. Always consult with your healthcare provider for all medical and health needs.*

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#### **References:**

1. Mansueto P, Seidita A, D'Alcamo A, Carroccio A. Role of FODMAPS in Patients with Irritable Bowel Syndrome. *Nutrition in Clinical Practice*. 2015;30:665-82.
2. Halmos EP, Power VA, Shepherd SJ, Gibson PR, Muir JG. A Diet Low in FODMAPs Reduces Symptoms of Irritable Bowel Syndrome. *Gastroenterology*. 2014;146:67-75.

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