

Add the right nutrition

TO YOUR ONCOLOGY SUPPORT SYSTEM

Helping those with cancer get the nutrition they need.

up to **80%**

of patients experience malnutrition risk at some point during cancer treatment.¹⁻³

with **>50%**

exhibiting or at risk of malnutrition at their first oncology visit.¹

Research indicates tailored nutrition interventions can help those with cancer:^{1,4-9}

- Minimize weight loss
- Decrease unplanned hospital admissions and length of stay
- Improve treatment completion rates, symptom scores and quality of life

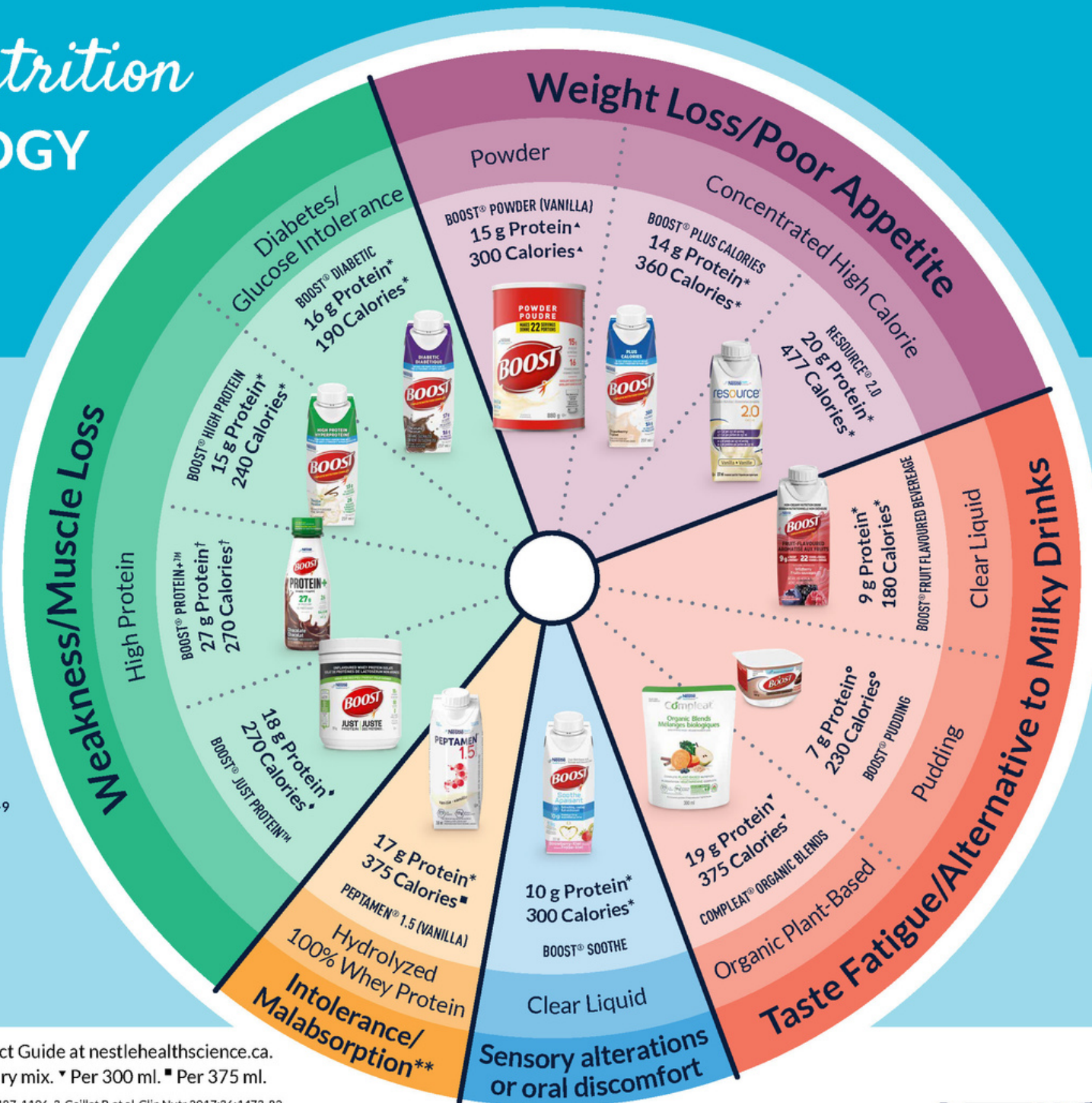
For complete nutritional information, please visit our Product Guide at nestlehealthscience.ca.

*Per 237 ml. †Per 325 ml. •Per 21 g. ◦ Per 142 g. ^ per 40 g dry mix. ▼ Per 300 ml. ▣ Per 375 ml.

1. Trujillo E, et al. J Acad Nutr Diet 2018;118:749-60. 2. Arends J, et al. Clin Nutr 2017;36:1187-1196. 3. Caillet P, et al. Clin Nutr 2017;36:1473-82. 4. Odelli C, et al. Clin Oncol 2005;17:639-45. 5. Isenring EA, et al. Br J Cancer 2004; 91(3):447-52. 6. Ravasco P, et al. J Clin Oncol 2005;23(7):1431-8. 7. Müller-Richter U, et al. Nutr Research 2017; 48: 1-8. 8. Jiang W, et al. Nutr & Cancer 2018; 70 (8): 1299-1307. 9. Valentini V, et al. J Nutr Hum Diet 2012; 25(3): 201-208.

** Symptoms include: nausea, bloating, abdominal distension, reflux, vomiting, diarrhea, constipation.

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Introducing
BOOST® Soothe
Strawberry-Kiwi Flavour

For patients with cancer
having taste alterations



- 10g Protein from Whey Isolate*
- Zero fat & sodium*
- No artificial colours, flavours or sweeteners
- Cool & mild strawberry-kiwi flavour
- Clear and refreshing

over

\$25 IN SAVINGS
INSIDE!



Recipes to Fuel Your Every Day



Blend it.



Bake it.



Cook it.

SOURCE OF
VITAMINS A + C
ZINC + IRON
 CONTRIBUTES TO
 THE NORMAL FUNCTION
 OF THE
**IMMUNE
 SYSTEM**



BOOST

Getting nutrition you need to stay active, made easy and delicious.*

BOOST® Original and High Protein are nutritionally complete and balanced meal replacement drinks.

- ✓ Source of energy†
- ✓ Contains no artificial flavours or colours.
- ✓ Natural source sweetener.
- ✓ Kosher, Gluten-free.
- ✓ Guaranteed great taste or your money back!‡



SNACK



SIP



SHAKE



*BOOST® meal replacements do not replace healthy eating habits, and can be used as part of a healthy diet. †per 237mL. ‡See boostnutrition.ca for more details. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. ©2021 Nestlé. All rights reserved. S10-5453

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SNACKS

BOOST® Original Baked Chocolate Oatmeal Bars

- 🕒 PREP TIME: 25 MINS.
- 🕒 TOTAL TIME: 60 MINS.
- 🍴 SERVINGS: 32 BARS

NUTRITION INFO - PER 1 BAR

Calories 190	Carbohydrate 24 g
Fat 9 g	Protein 3 g

What you need

- | | |
|---|--|
| 1 tetra pack (237 ml) BOOST® Original Chocolate | 1 tsp (5 ml) baking soda |
| 3 cups (750 ml) quick oats | 1/2 tsp (2 ml) Salt |
| 2/3 cup (150 ml) all-purpose flour | 2 cups (500 ml) semi-sweet chocolate chips |
| 1/4 cup (60 ml) cocoa powder | 2/3 cup (150 ml) butter |
| 4 tsp (20 ml) chia seeds | 4 eggs |
| 4 tsp (20 ml) ground flax | 3/4 cup (175 ml) brown sugar, packed |
| 1 tsp (5 ml) baking powder | 2 tsp (10 ml) vanilla extract |

Directions

1. Preheat oven to 350°F. Lightly grease or line a 9 x 13-inch (3L) baking pan with parchment paper. Soak oats in BOOST® Original Chocolate for 10 minutes.
2. Whisk together all-purpose flour, cocoa powder, chia seeds, ground flax, baking powder, baking soda and salt.
3. In heatproof bowl over gently simmering water, melt chocolate and butter. Let cool slightly. Whisk in egg, brown sugar and vanilla. Mix with oat mixture.
4. Fold in dry ingredients to coat. Press into prepared baking pan. Bake for 25- 30 minutes or until firm.

10g*

PROTEIN

26

VITAMINS &
MINERALS

ALSO AVAILABLE IN:
VANILLA, STRAWBERRY,
CHOCOLATE LATTE

* Per 237 ml





SNACKS



BOOST® Just Protein™

Banana Crunch Loaf

- PREP TIME: 10 MINS.
- TOTAL TIME: 90 MINS.
- SERVINGS: 12 SLICES

NUTRITION INFO - PER 1 SLICE

Calories 320	Carbohydrate 35 g
Fat 17 g	Protein 7 g

What you need

- 1/2 cup (64 g) BOOST® Just Protein™
- 3/4 cup (175 ml) whole wheat flour
- 1/2 cup (125 ml) all-purpose flour
- 2 tsp (10 ml) baking powder
- 1 tsp (5 ml) baking soda
- 1/2 tsp (2 ml) salt
- 2 eggs

- 3/4 cup (175 ml) coconut sugar
- 1/2 cup (125 ml) low fat plain Greek yogurt
- 1/2 cup (125 ml) canola oil
- 1/4 cup (60 ml) brown sugar
- 1 tsp (5 ml) vanilla extract
- 3 ripe bananas, mashed
- 1 cup (250 ml) chopped walnuts, divided

Directions

1. Preheat oven to 325°F (160°C). Line 9x5" (1.5 L) loaf pan with parchment paper.
2. Whisk together whole wheat flour, all-purpose flour, protein powder, baking powder, baking soda and salt. Whisk together eggs, coconut sugar, yogurt, canola oil, brown sugar and vanilla; add mashed bananas. Stir into flour mixture just until combined. Stir in 3/4 cup (175 ml) walnuts.
3. Scrape into prepared pan; sprinkle with remaining walnuts. Bake for 55 to 65 minutes or until tester inserted in centre comes out clean.
4. Let cool in pan on rack for 10 minutes. Remove from pan; let cool completely.



18g*

PROTEIN

0g*

SUGAR

0g*

FAT

* Per 21g serving

BOOST® High Protein Strawberries and Cream Overnight Oats

🕒 PREP TIME: 5 MINS.

🕒 TOTAL TIME: 5 MINS.

🍴 SERVINGS: 4



BREAKFAST

What you need

- | | |
|-----------------------|--------------------------------|
| 1 tetra pack (237 ml) | BOOST® High Protein Strawberry |
| 2 cups (500 ml) | large flake oats |
| 3/4 cup (180 ml) | 2% milk |
| 1 tbsp (15 ml) | honey |
| Pinch | salt |
| 1 cup (250 ml) | sliced strawberries |
| 1 cup (250 ml) | plain low fat Greek yogurt |

NUTRITION INFO - PER 1/4 RECIPE

Calories 340

Carbohydrate 52 g

Fat 7 g

Protein 19 g

Directions

1. Stir together oats, BOOST® High Protein Strawberry, milk, honey and salt.
2. Cover and refrigerate overnight. Divide evenly among 4 bowls.
3. Top with strawberries and yogurt.

TIPS: Sprinkle with hemp and chia seeds if desired. Use vanilla yogurt if desired.

15g*

PROTEIN

26

VITAMINS &
MINERALS

ALSO AVAILABLE IN:
VANILLA, CHOCOLATE

* Per 237 ml





BOOST® Powder

Chocolate Chai Quinoa 'Cookie' Bites

- PREP TIME: 20 MINS.
- TOTAL TIME: 35 MINS.
- SERVINGS: 24

NUTRITION INFO - PER 1 COOKIE BITE

Calories 110	Carbohydrate 11 g
Fat 7 g	Protein 2 g

What you need

- | | |
|--|---|
| 2/3 cup (150 ml) BOOST® Powder Chocolate | 1/2 tsp (2 ml) ground cinnamon |
| 1/4 cup (60 ml) coconut oil, melted | 1/4 tsp (1 ml) ground allspice |
| 1/4 cup (60 ml) unsweetened cocoa powder | 1/4 tsp (1 ml) ground cloves |
| 1/4 cup (60 ml) maple syrup | 1/4 tsp (1 ml) salt |
| 1/4 cup (60 ml) almond butter | 1/4 tsp (1 ml) pepper |
| 1 tsp (5 ml) ground ginger | 2 ½ cups (625 ml) cooked and cooled quinoa |
| 1/2 tsp (2 ml) ground cardamom | 1 cup (250 ml) unsweetened shredded coconut |

Directions

1. Stir together BOOST® Powder Chocolate, coconut oil, cocoa powder, maple syrup, almond butter, ginger, cardamom, cinnamon, allspice, cloves, pepper and salt until well combined.
2. Fold in quinoa and coconut until combined. Roll into 24 balls. Chill for 2 hours or until set.



15g*
PROTEIN

16
VITAMINS & MINERALS

* Per 280 ml prepared (1/3 cup powder and 1 cup milk)

TIP: Cookie bites can be stored, tightly covered, in the refrigerator for up to 5 days.







BOOST® Original Tropical Smoothie Pops

- PREP TIME: 5 MINS.
- TOTAL TIME: 4 HRS. 5 MINS.
- SERVINGS: 10 POPS

NUTRITION INFO

Calories 80	Carbohydrate 17 g
Fat 0.5 g	Protein 2 g

What you need

- 1 tetra pack (237 ml) BOOST® Original Vanilla
- 3/4 cup (175 ml) each frozen pineapple and mango chunks
- 1 banana, peeled and sliced
- 4 kiwi fruit, peeled and sliced (1/4-inch/1 cm)

Directions

- In blender, pulse frozen pineapple and mango chunks, banana and BOOST® Original Vanilla until smooth.
- Insert 2 kiwi slices inside of each individual mold so that they are nestled next to each other against the sides. Add popsicle sticks, holding in place. Pour mixture into each mold.
- Freeze until firm, about 4 hours.

TIP: To release, dip mold very briefly in hot water. Pops should easily slide out.

10g*
PROTEIN

26
VITAMINS &
MINERALS

ALSO AVAILABLE IN:
CHOCOLATE, STRAWBERRY,
CHOCOLATE LATTE

* Per 237 ml







MAINS

BOOST® Diabetic Whole Grain Pasta with Strawberry Tomato Sauce

- PREP TIME: 15 MINS.
- TOTAL TIME: 70 MINS.
- SERVINGS: 2

NUTRITION INFO - PER 1/2 RECIPE

Calories 470	Carbohydrate 61 g
Fat 14 g	Protein 24 g

What you need

- | | |
|---|--|
| 1/2 cup (125 ml) BOOST® Diabetic Strawberry | 2 tbsp (30 ml) balsamic vinegar |
| 1/2 cup (125 ml) diced onion | 1/4 cup (60 ml) red lentils, rinsed |
| 1/2 cup (125 ml) diced carrot | 1/4 cup (60 ml) fresh basil |
| 1/2 cup (125 ml) diced celery | 1/4 tsp (1 ml) chili flakes |
| 1 tbsp (15 ml) finely chopped fresh thyme | 3 oz (85 g) whole grain spaghetti |
| 1 clove garlic, minced | 2 cups (500 ml) small broccoli florets |
| 2 cups (500 ml) jarred strained
and pureed tomatoes (tomato passata) | |

Directions

- Preheat oven to 425°F (220°C). Heat 2 tsp (10 ml) olive oil in large skillet set over medium heat. Cook onion, carrot, celery, thyme and garlic for 3 to 5 minutes or until starts to soften. Stir in tomatoes, BOOST® Diabetic Strawberry, 1/2 cup (125 ml) water, balsamic vinegar and lentils; bring to a simmer. Cook, stirring occasionally, for 20 to 25 minutes or until lentils are tender and sauce thickens. Stir in basil and chili flakes.
- Meanwhile, cook pasta according to package directions and drain.
- Toss broccoli with remaining oil. Arrange on parchment paper-lined baking sheet. Bake for 15 to 20 minutes or until lightly charred and tender. Serve sauce over pasta with broccoli.

16g*

PROTEIN

0.5g*

SUGAR

ALSO AVAILABLE IN:
VANILLA, CHOCOLATE

* Per 237 ml



All About Protein



WHAT IS PROTEIN?

Protein is an essential nutrient made of amino acids. There are **20 different amino acids**, 9 (essential) which needs to be supplied by the diet and balance 11 (non essential) which are made by the body.



WHY PROTEIN?

Unlike Carbs and Fat, Protein cannot be stored in the body and needs to be consumed in diet every day! **Protein plays a major functional & structural role in the cells of our body.**

BENEFITS:



Helps build & repair
body tissues



Helps build
antibodies



Helps build
strong muscles

TIP:
Remember
to plan your
meals with
a variation
of foods
with protein



DO YOU KNOW HOW MUCH PROTEIN YOU NEED?

Answer 3 simple
questions with our
Protein Calculator
and find out!



www.boostnutrition.ca/proteinhub

BOOST® High Protein Vanilla Chia Pudding

- 🕒 PREP TIME: 40 MINS.
- 🕒 TOTAL TIME: 40 MINS.
- 🍴 SERVINGS: 4

What you need

- | | |
|-----------------------|--|
| 1 tetra pack (237 ml) | BOOST® High Protein Vanilla |
| 1 cup (240 ml) | Plain low-fat Greek yogurt |
| 1 cup (240 ml) | Fresh strawberries, hulled and chopped |
| 1/4 cup (60 ml) | Sliced almonds, toasted |
| 1/4 cup (60 ml) | Chia seeds |
| 2 tbsp (30 ml) | Maple Syrup |
| 1 tsp (5 ml) | Vanilla extract |
| 1/8 tsp (0.5 ml) | Kosher salt |

Directions

1. In a medium bowl, gently whisk the BOOST® High Protein Vanilla, yogurt, 2 tbsp maple syrup, the vanilla and salt until just blended. Whisk in the chia seeds; let stand 30 minutes. Stir to distribute the seeds if they have settled. Cover and refrigerate overnight.
2. The next day, place berries in a medium bowl and mix in the almonds.
3. Spoon the pudding into 4 bowls or glasses; mound the berry mixture on top and serve.



BREAKFAST

NUTRITION INFO - PER 1/4 RECIPE

Calories 230	Carbohydrate 26 g
Fat 9 g	Protein 12 g

15g*
PROTEIN
26
VITAMINS &
MINERALS

ALSO AVAILABLE IN:
CHOCOLATE, STRAWBERRY

* Per 237 ml







BOOST® Complete+™ Probiotic Meatless Burger Sliders

- 🕒 PREP TIME: 10 MINS.
- 🕒 TOTAL TIME: 20 MINS.
- 🍽️ SERVINGS: 2

NUTRITION INFO

Calories 420	Carbohydrate 47 g
Fat 7 g	Protein 22 g

What you need

- 1/4 cup (27 g) BOOST® Complete+™ Probiotic Chocolate Powder
- 2 tbsp (30 ml) walnuts
- 1 clove garlic, minced
- 1/2 cup (125 ml) cooked, drained & no-salt added black beans
- 1/4 cup (60 ml) mashed sweet potato
- 1/2 tsp (2 ml) chili powder
- 1/2 tsp (2 ml) cumin
- 1/4 tsp (1 ml) dried oregano
- 1/4 tsp (1 ml) ground pepper
- Pinch of salt
- 3 tbsp (45 ml) bread crumbs
- 1 tsp (5 ml) canola oil
- 2 whole grain slider buns or rolls, split and toasted
- 2 eggs, scrambled
- 2 small lettuce leaves
- 1 small tomato or cocktail tomato, sliced

Directions

- In small food processor or blender, mix together walnuts and garlic until coarsely ground. Add half the beans, mashed sweet potato, BOOST® Complete+™ Probiotic Chocolate Powder, chili powder, cumin, pepper and salt; pulse until mashed. Stir in remaining black beans and bread crumbs until combined.
- Divide into 2 portions. Shape each portion into 1-inch thick patties. Heat oil in non-stick skillet set over medium heat. Cook burgers for 3 to 5 minutes per side or until golden brown and heated through. Assemble.

20g*

PROTEIN

1B*

CFU PROBIOTIC

ALSO AVAILABLE IN:

VANILLA

* Per 300ml prepared
(1/4 cup powder and 1 cup milk),
B = billion



More of what you want, all in one scoop.

1 scoop = personal household ½ cup



BOOST® Complete+™ Oats & Flaxseed. Available in Chocolate & Vanilla.



20 g of protein*



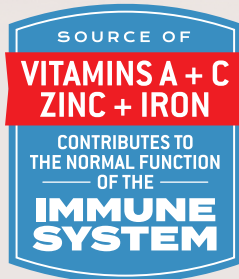
26 Vitamins & minerals



Source of fibre



30% Less sugar†



NEW

BOOST® Complete+™ Probiotic powder with 1 billion CFU* Probiotic¹ to support healthy gut flora.

*Per 300 ml prepared, †Per 300 ml, vs. Boost Original 237 ml, ¹Bacillus coagulans GB-30 6086



SAVE \$4

WHEN YOU BUY ANY TWO (2)
BOOST® READY-TO-DRINK 6 PACK



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10051551

SAVE \$4

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10051551

SAVE \$4

WHEN YOU BUY ANY ONE (1)
BOOST® COMPLETE+ POWDERS



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10051564





BOOST® Complete+™ Oats & Flaxseed Tex-Mex Burrito

- 🕒 PREP TIME: 10 MINS.
- 🕒 TOTAL TIME: 25 MINS.
- 🍽️ SERVINGS: 2

NUTRITION INFO

Calories 360	Carbohydrate 46 g
Fat 10 g	Protein 22 g

What you need

- 1/4 cup (27 g) BOOST® Complete+™ Oats and Flaxseed Chocolate Powder
- Cooking spray
- 1/4 cup (60 ml) minced onion
- 1 tbsp (15 ml) seeded and diced jalapeno
- 1 clove garlic, minced
- 1 tsp (5 ml) chili powder
- 1/2 tsp (2 ml) ground cumin
- 1/4 tsp (1 ml) black pepper
- Pinch of salt
- 1/4 cup (60 ml) no salt-added canned or cooked black beans, drained and rinsed
- 1/2 cup (125 ml) egg white, scrambled
- 2 whole grain tortillas (10-inch), warmed
- 1 cup (250 ml) shredded lettuce
- 1/4 cup (60 ml) diced tomatoes
- 1/4 cup (60 ml) diced avocado

Directions

1. Spray non-stick skillet with cooking spray set over medium heat. Cook onion, jalapeno, garlic, chili powder, cumin, pepper and salt for 2 to 3 minutes or until starts to soften. Add black beans and stir in 1/2 cup (125 ml) water and BOOST® Complete+™ Oats and Flaxseed Chocolate Powder. Cook for 5 to 8 minutes or until most of the liquid evaporates.
2. Spread bean mixture evenly down the center of each tortilla, leaving a 1-inch border. Top with scrambled eggs, lettuce, tomato and avocado. Fold up bottom of tortilla over filling, then fold in sides and starting from bottom, roll tightly.
3. Cut in half to serve.

20g*

PROTEIN

26VITAMINS &
MINERALS

ALSO AVAILABLE IN:

VANILLA

* Per 300ml prepared
(1/2 cup powder and 1 cup water)



MAINS



BOOST® Complete+™ Oats & Flaxseed **Butternut Squash Curry Soup**

- PREP TIME: 10 MINS.
- TOTAL TIME: 35 MINS.
- SERVINGS: 2

What you need

- 1/4 cup (27 g) BOOST Complete+™ Oats and Flaxseed Vanilla Powder
- 1 tsp (5 ml) canola oil
- 1/2 cup (125 ml) chopped onions
- 4 tsp (20 ml) curry powder
- 1 tbsp (15 ml) minced fresh gingerroot
- 1 clove garlic, minced

- 1/4 tsp (60 ml) pepper
- Pinch salt
- 2 cups (500 ml) chopped butternut squash
- 1 cup (250 ml) no-salt-added chicken broth
- 1 tbsp (15 ml) lime juice
- 1/4 cup (60 ml) 2% Greek yogurt
- 1 tbsp (15 ml) finely chopped fresh cilantro

NUTRITION INFO - PER 1/2 RECIPE

Calories 230	Carbohydrate 32 g
Fat 6 g	Protein 11 g

Directions

1. Heat oil in saucepan set over medium heat; cook onions, curry powder, ginger, garlic, pepper and salt for 3 to 5 minutes or until tender. Stir in squash, chicken broth and 1 cup (250 ml) water; bring to boil. Reduce heat to medium-low; cook for 10 to 15 minutes or until squash is very tender.
2. Stir in BOOST Complete+™ Oats and Flaxseed Vanilla Powder. Using hand blender, purée until smooth.
3. Return soup to simmer over medium heat. Stir in lime juice; cook for 1 to 2 minutes or until heated through.
4. Divide between 2 bowls. Drizzle with yogurt and sprinkle with cilantro before serving.



20g*
PROTEIN
26
VITAMINS &
MINERALS

ALSO AVAILABLE IN:
CHOCOLATE

*Per 300ml prepared
(1/2 cup powder and 1 cup water)

SAVE \$2

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BOOST® READY-TO-DRINK 6 PACK



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1 005 1535

SAVE \$2

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1 005 1535

SAVE \$2

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1 005 1535

INCLUDE A HIGH PROTEIN, LOWER SUGAR[†] DRINK AS PART OF YOUR DIET

SOURCE OF
**VITAMINS A + B6
ZINC + IRON**

CONTRIBUTES TO
THE NORMAL FUNCTION
OF THE
**IMMUNE
SYSTEM**

GREAT TASTE GUARANTEE[†]
LOVE IT OR YOUR MONEY BACK

BON GOÛT GARANTI
SATISFAIT OU REMBOURSÉ



16g Protein*



0.5g Sugar*



**24 Vitamins
& Minerals**



**Source of
Fibre**

**SUITABLE FOR
THOSE LIVING
WITH DIABETES**

*Per 237 ml. †See www.boostnutrition.ca for details †96% less sugar vs BOOST® Original

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BOOST® Diabetic Almond Mocha Dalgona Coffee

- 🕒 PREP TIME: 5 MINS.
- 🕒 TOTAL TIME: 10 MINS.
- 🍴 SERVINGS: 2



BREAKFAST

What you need

- 1 tetra pack (237 ml) BOOST® Diabetic Chocolate
- 1/4 cup (60 ml) NESCAFÉ Gold instant coffee
- 1/4 cup (60 ml) granular stevia or other non-nutritive sweetener
- 1 cup (250 ml) original almond milk
- 2 tbsp (30 ml) finely chopped almonds

NUTRITION INFO

Calories 200	Carbohydrate 21 g
Fat 8 g	Protein 10 g

Directions

1. Combine instant coffee and stevia in mixing bowl. Pour 1/4 cup (60 ml) boiling water over top and beat with electric mixer for 2 to 3 minutes until thick, foamy and stiff peaks start to form.
2. Meanwhile, heat BOOST® Diabetic Chocolate and almond milk in small saucepan set over medium heat for 3 to 5 minutes or until just starts to simmer and heated through.
3. Divide mixture between 2 heatproof glasses. Spoon dollops of frothed coffee over top. Garnish with almonds.

16g*
PROTEIN
0.5g*
SUGAR

ALSO AVAILABLE IN:
VANILLA, STRAWBERRY

* Per 237 ml



SAVE \$2

WHEN YOU BUY ANY ONE (1)
BOOST® READY-TO-DRINK 6 PACK



TO THE RETAILER: Upon presentation of this coupon by your customer towards the purchase of the specified product, we will reimburse the face value of the coupon plus our regular handling fee. Other applications may constitute fraud. Proof of sufficient purchases within the preceding 90 days may be required for reimbursement. Reimbursement will only be made to the retailer who redeems this coupon. Cash value 1/10¢. For redemption, mail to Nestlé, PO Box 31000, Scarborough, ON, M1R 0E7.

TO THE CONSUMER: Redeemable only at retail stores. No change. Tax may be charged on the full value before the coupon is applied. VALID ONLY IN CANADA. No reproductions. Not valid with any other offers. Limit: 1 coupon per customer.

EXPIRY DATE: JULY 31, 2022

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SAVE \$4

WHEN YOU BUY ANY TWO (2)
BOOST® READY-TO-DRINK 6 PACK



TO THE RETAILER: Upon presentation of this coupon by your customer towards the purchase of the specified product, we will reimburse the face value of the coupon plus our regular handling fee. Other applications may constitute fraud. Proof of sufficient purchases within the preceding 90 days may be required for reimbursement. Reimbursement will only be made to the retailer who redeems this coupon. Cash value 1/10¢. For redemption, mail to Nestlé, PO Box 31000, Scarborough, ON, M1R 0E7.

TO THE CONSUMER: Redeemable only at retail stores. No change. Tax may be charged on the full value before the coupon is applied. VALID ONLY IN CANADA. No reproductions. Not valid with any other offers. Limit: 1 coupon per customer.

EXPIRY DATE: JULY 31, 2022

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SAVE \$4

WHEN YOU BUY ANY ONE (1)
BOOST® COMPLETE+ POWDERS



TO THE RETAILER: Upon presentation of this coupon by your customer towards the purchase of the specified product, we will reimburse the face value of the coupon plus our regular handling fee. Other applications may constitute fraud. Proof of sufficient purchases within the preceding 90 days may be required for reimbursement. Reimbursement will only be made to the retailer who redeems this coupon. Cash value 1/10¢. For redemption, mail to Nestlé, PO Box 31000, Scarborough, ON, M1R 0E7.

TO THE CONSUMER: Redeemable only at retail stores. No change. Tax may be charged on the full value before the coupon is applied. VALID ONLY IN CANADA. No reproductions. Not valid with any other offers. Limit: 1 coupon per customer.

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REFRESHING & CLEAR PROTEIN DRINK

NEW



- ◆ 10g Protein*
- ◆ 300 Calories*
- ◆ Zero Fat and Sodium
- ◆ No artificial flavours & colours
- ◆ No Soy, Gluten, or Corn Syrup

Made with
10 g
Whey
Protein*

*per 237mL

Available at
amazon.ca

and the Nestlé eStore
shop.nestlehealthscience.ca

FIT FOR YOUR EVERY DAY



READY TO DRINK

Original	Balanced everyday nutrition	10g protein*, 26 vitamins & minerals, no artificial flavours or colours
High Protein	With protein to help build and maintain strong muscles	15g protein*, 26 vitamins & minerals, no artificial flavours or colours
Diabetic	High protein drink for sugar conscious consumers. Suitable for those living with Diabetes.	16g protein*, 0.5g sugar*, 1 carb choice†
Protein+ Shake	Thick protein shake with 2.5x more protein (vs BOOST* Original 237mL)	27g protein ¹ , 26 vitamins & minerals, calcium & vitamin D
Soothe	Clear, refreshing and cooling beverage	10g whey protein*, no artificial flavours or colours, zero fat & sodium



POWDERS

Powder 880g	Nutritious and delicious instant breakfast drink mix	15g protein ⁵ , excellent source of calcium
Just Protein™	Unflavoured protein powder to add into recipes	99% whey protein, 0g sugar, 0g fat ¹
Complete+™ Oats & Flaxseed	Complete meal replacement powder made with oats & flaxseed	20g protein ² , 26 vitamins & minerals, 30% less sugar (vs BOOST* original 237mL)
Complete+™ Probiotic	Complete meal replacement powder with probiotics which contribute to a healthy gut flora	20g protein ³ , 26 vitamins & minerals, 1 billion CFU probiotics ³ , high in fibre



PUDDING

Pudding	Nutritious & delicious snack	6.8g protein ⁴ , 28 vitamins & minerals
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*Per 237mL. ¹Per 325mL. ²Per 21g. ³Per 280mL, prepared with milk. ⁴Per 300mL prepared with water. ⁵Per 300mL prepared with milk. ⁶Per 142g.

† Carbohydrate counting is one method to help manage blood glucose.

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