



EPULOR® INFORMATION SHEET

EPULOR® is the low volume nutritional solution for weight loss that contains 320 calories and 14 vitamins, minerals, and amino acids in only 1.5 ounces (45 ml). EPULOR should be utilized with residents experiencing unintended weight loss. EPULOR comes in a sugar free Vanilla Crème and sugar free Orange flavors and, importantly, has no aftertaste. Many facilities are positioning EPULOR to be served during med pass due to its low volume and minimal amount of time required for consumption, allowing the nurse to actually observe and document residents completely drinking the product.

Although EPULOR can be given as a regular supplement, residents who are candidates for the product are those who have difficulty consuming the standard 8 ounce supplements and, consequently, weight loss becomes a consideration or an actual issue. This inability to consume an 8 ounce supplement three times a day can be due to a number of factors, including, but not limited to, a sensitivity to volume (become full or bloated easily, thereby affecting the quantity of liquid and solid consumed), the ability to eat (e.g., with or without supervision/assistance or totally dependent), oral health status (e.g., dentition, mouth ulcers), underlying disease (e.g., dementia, infection, COPD), and medications taken (e.g., antipsychotics, antidepressants, antihistamines).

While there are products available designed to increase caloric intake (e.g., TwoCal® HN, which contains 2 cal/ml), the dilemma of having to consume 8 ounces three times a day to obtain the desired benefit remains. Dividing one 8 ounce can of a 2 cal/ml product into three or four daily servings also does not provide the needed caloric intake to increase or maintain weight. EPULOR, with 7 cal/ml and a volume of 1.5 ounces per serving (total daily intake of just 4.5 ounces for nearly 1,000 calories), becomes a very viable solution at this point. EPULOR is also very cost competitive with other specialty products and, in many cases, less expensive. This is especially true when nursing time is taken into consideration. It may also negate the need for hospitalization or tube feeding in many residents and patients.

The foil pouches in which EPULOR is packaged are ready to use. No mixing or dilution is necessary. The pouches should be shaken well prior to use. Refrigeration is not required and the small size and low weight per case of the product make it quite easy to handle, transport, and store.

Experience with EPULOR in many facilities to date indicates that it is important to have the option of serving the product during med pass (as mentioned above) and essentially position it as a medicine. As you well know, taste is a very subjective and individual issue, and no one flavor will please everyone. While most residents enjoy EPULOR, there will be some who do not care for the taste. If taste is a concern, EPULOR can be thought of as a medicine, making taste a non-issue as medicines are not supposed to taste “good.”

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It is a well known fact that a high percentage of residents do not care for the taste of any nutritional product, which is evidenced by their non-compliance with consumption (as well as meals) and subsequent weight loss. The next step of intervention, hospitalization or tube feeding, also has its inherent difficulties and morbidity, not to mention greatly increased costs.

Therefore, being able to provide a low volume alternative that can be served during med pass to ensure compliance and potentially prevent more aggressive intervention (feeding tubes) can be of significant benefit, both from the clinical and financial perspectives. EPULOR is the only nutritional product that contains 7 cal/ml and for which a single serving can be consumed in just a few sips. For flexibility, when residents are able to eat meals and snacks, EPULOR can be mixed with pudding, yogurt, and applesauce, poured over ice cream, or mixed in hot cereals such as oatmeal and cream of wheat (refer to the recipe list enclosed). A drop of peppermint extract can also enhance the taste.

The following study, by Jan Allen, who is a past president of American Society of Consultant Pharmacists, discussed her results in 57 residents. Seventy-seven percent (44 of 57) had average weight gains over eight weeks of 6.1 pounds. There was also improvement in the overall condition of the residents, with increased appetites, engagement in more activities, and less nursing time required. EPULOR was well tolerated and 100 percent compliance was attained serving the product during med pass or, in some cases, mixing it with food. Cost savings were also realized because the price was comparable to other nutritionals but no wastage occurred as is so common due to unconsumed product.

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