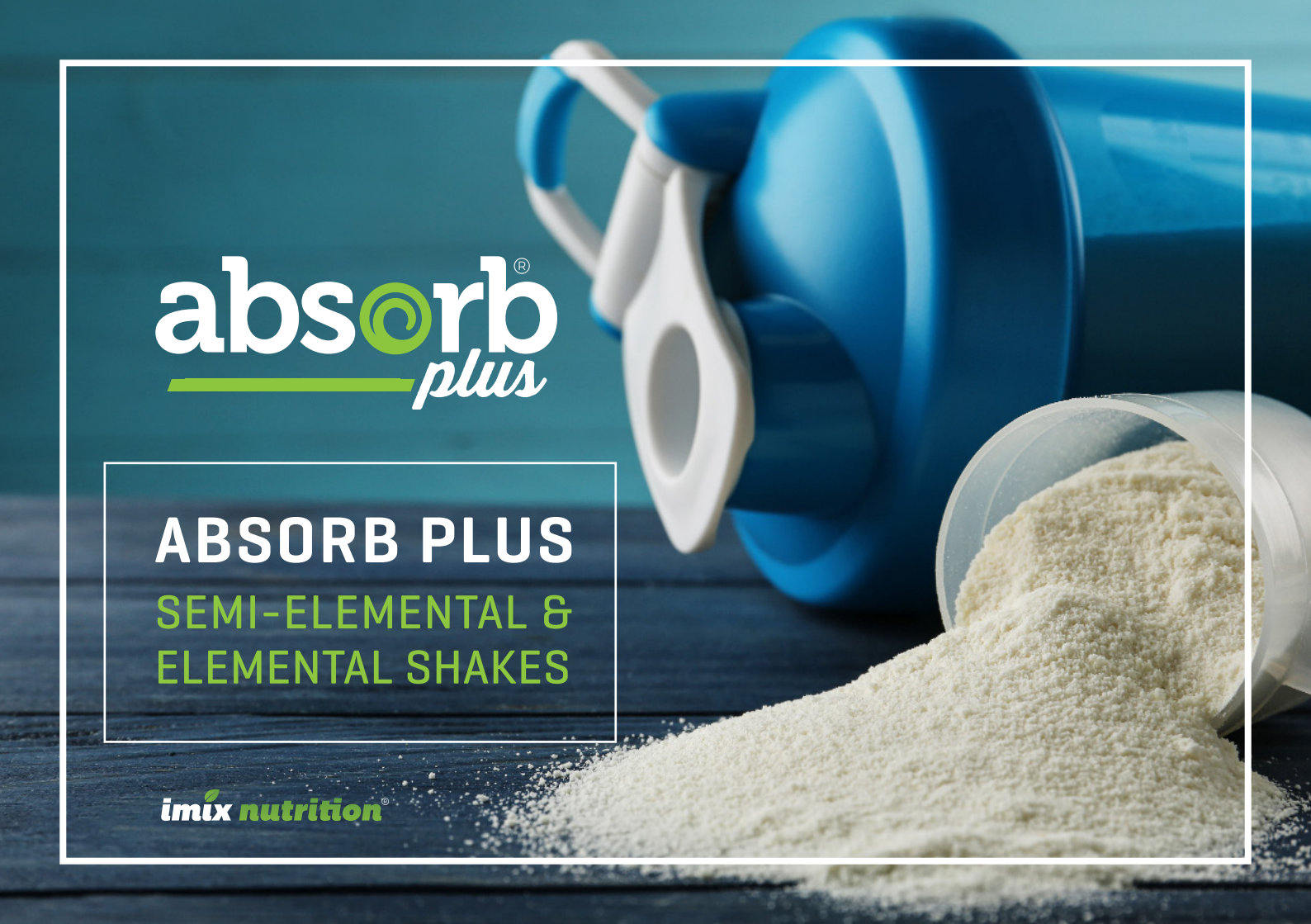
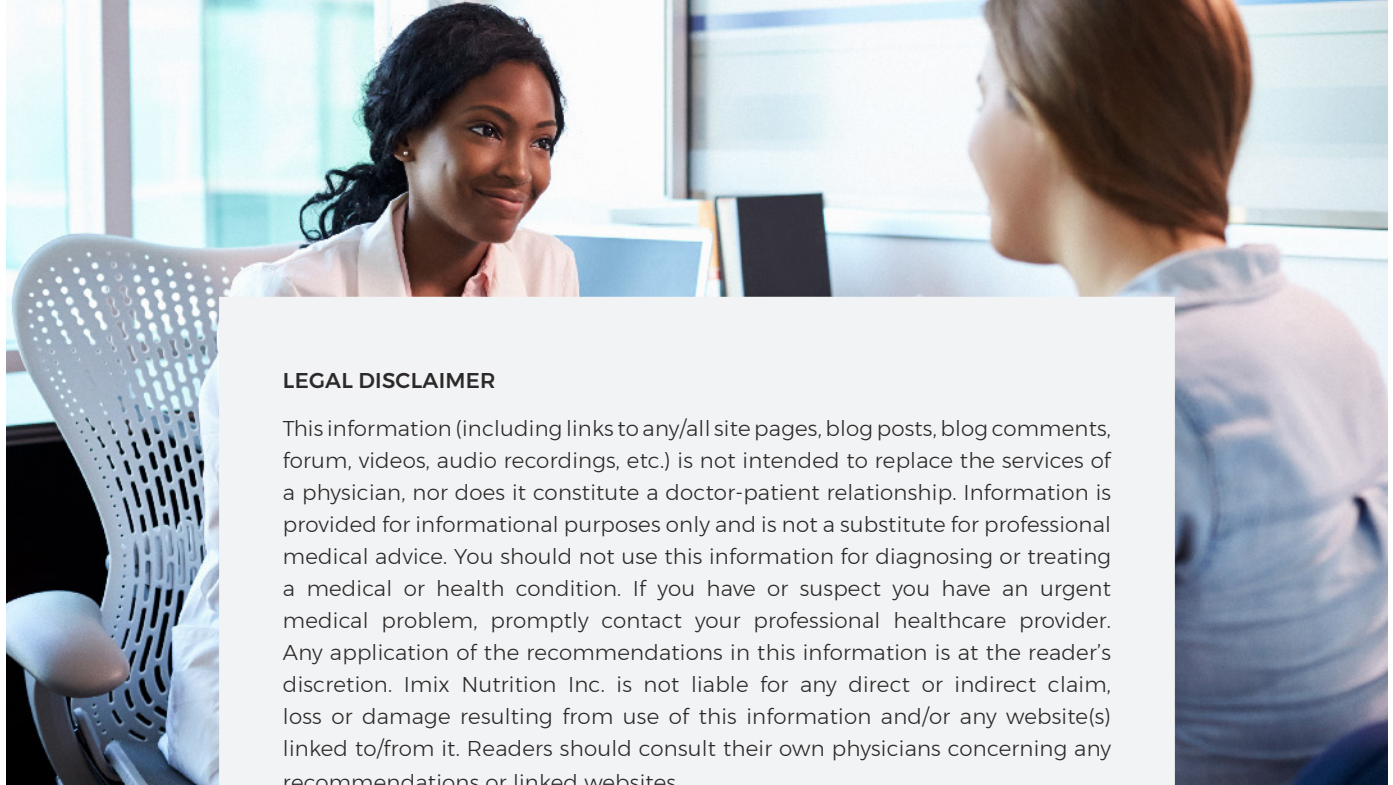




absorb<sup>®</sup>  
*plus*

**ABSORB PLUS**  
SEMI-ELEMENTAL &  
ELEMENTAL SHAKES

imix **nutrition**<sup>®</sup>



### **LEGAL DISCLAIMER**

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All health begins in the gut”

## What is Absorb Plus?

A delicious tasting, premium quality, natural, elemental (pre-digested), dietary supplement shake. Absorb Plus requires very little digestion, is absorbed quickly by the body and contains no artificial flavors, sweeteners, colors, preservatives or other chemicals.

Absorb Plus is particularly good for young and old alike who have challenges around digesting and absorbing nutrients. It's also used for pre and post surgery.





## Who is Absorb Plus for?

Ideal for people with sensitive digestive systems: Can be used exclusively to provide bowel rest, or along with other foods as part of a low residue diet.

Also for people who have trouble chewing, swallowing, digesting or absorbing their food, or people recovering from illness and/or surgery.

# HOW AN ELEMENTAL DIET CAN HELP YOU

A natural, high quality elemental liquid diet shake can provide optimum nutrition, strengthen the immune system and prevent unwanted weight loss.

Elemental means that all the nutrients in it have been pre-digested for quick absorption, entering the bloodstream within 15 to 20 minutes to quickly nourish the body, even if the client has trouble with eating, swallowing, or digestion. Think of it as going back to breastmilk.

The stool that results from an elemental diet is greatly reduced in volume and usually liquid, therefore, it also gives the colon a rest from passing normal stool and thus allows colonic wounds to heal faster.

## Full Elemental Diet

Numerous clinical trials show the benefits of adhering to a full elemental diet; where 100% of the nutrients consumed are in this liquid pre-digested form.

Trials typically show a 3-week or 6-week duration. For severe cases, with active GI bleeding, 6 weeks is usually required to give the intestinal mucosa enough time to heal.

You can use caloric calculations to determine how many shakes per day are required, but in our experience with customers using

Absorb Plus (approx. 350 calories per shake) we have found that most people require a minimum of 5-6 shakes per day. Then they increase as needed. However, especially with children, it's best to start off slowly – give the tastebuds and digestive tract time to adjust to this new food source, and gradually increase up to the desired amount.

**Note:** It is best to use an elemental shake that doesn't contain fat, as many people with digestive disorders lose tolerance to fats. It is best if people can add the amount they can tolerate (cold-pressed flax or MCT oil is recommended) and gradually increase to 1 tablespoon per shake, as their GI tract heals.

## Half-Elemental Diet

A half-elemental diet is one where patients derive half their daily calories from an elemental shake, and the other half of their calories from low residue, or well-tolerated foods.

Many people use elemental shakes periodically, during stressful times, to help prevent a flare-up from occurring. Others use it while traveling, or for breakfast every day, or pre/post workout. Some people who are prone to intestinal obstruction, switch to an elemental diet as soon as they feel any symptoms or tenderness beginning.

Absorb Plus  
is made to  
support both  
**Elemental**  
and **Semi-**  
**Elemental**  
diets



# MORE USES FOR ELEMENTAL SHAKES

## **Using an Elemental Diet for Bowel Rest**

An elemental diet is a completely liquid diet with pre-digested nutrients that are rapidly absorbed into the bloodstream (within 20 minutes). This gives your gastrointestinal system a rest, but still supplies your nutritional needs – also referred to as a bowel rest diet. The stool that results from an elemental diet is greatly reduced in volume and usually liquid, so it gives your colon a rest from passing normal bowel movements, which can allow your colon and bowel to heal faster.

## **During Intestinal Difficulty**

It may be best to consume only liquid nutrition for the entire duration of a flare-up. Our customers often alternate Absorb Plus shakes with bone broths, since the gelatin in the broth is very healing for the gut and the savoury soup provides needed taste variety.

## **Food Allergy Testing Or Clearance**

You can use your time on a full elemental diet to simultaneously derive the benefits of having a foundational clearance of all allergenic foods (since the diet is restricted to basic, pre-digested nutrients). At the end of 6 weeks, you might gradually begin to reintroduce normal foods, one at a time, leaving 1-3 days in between each new food to note any reactions.





# A VARIETY OF USES

## **Other Uses**

Elemental shakes have been used as part of a program to balance the microbiome

Many of our customers report using Absorb Plus for pre- or post-surgery support. It is also helpful for brain injury, or dental applications, elderly, or any other situation where a person can't chew or swallow properly.

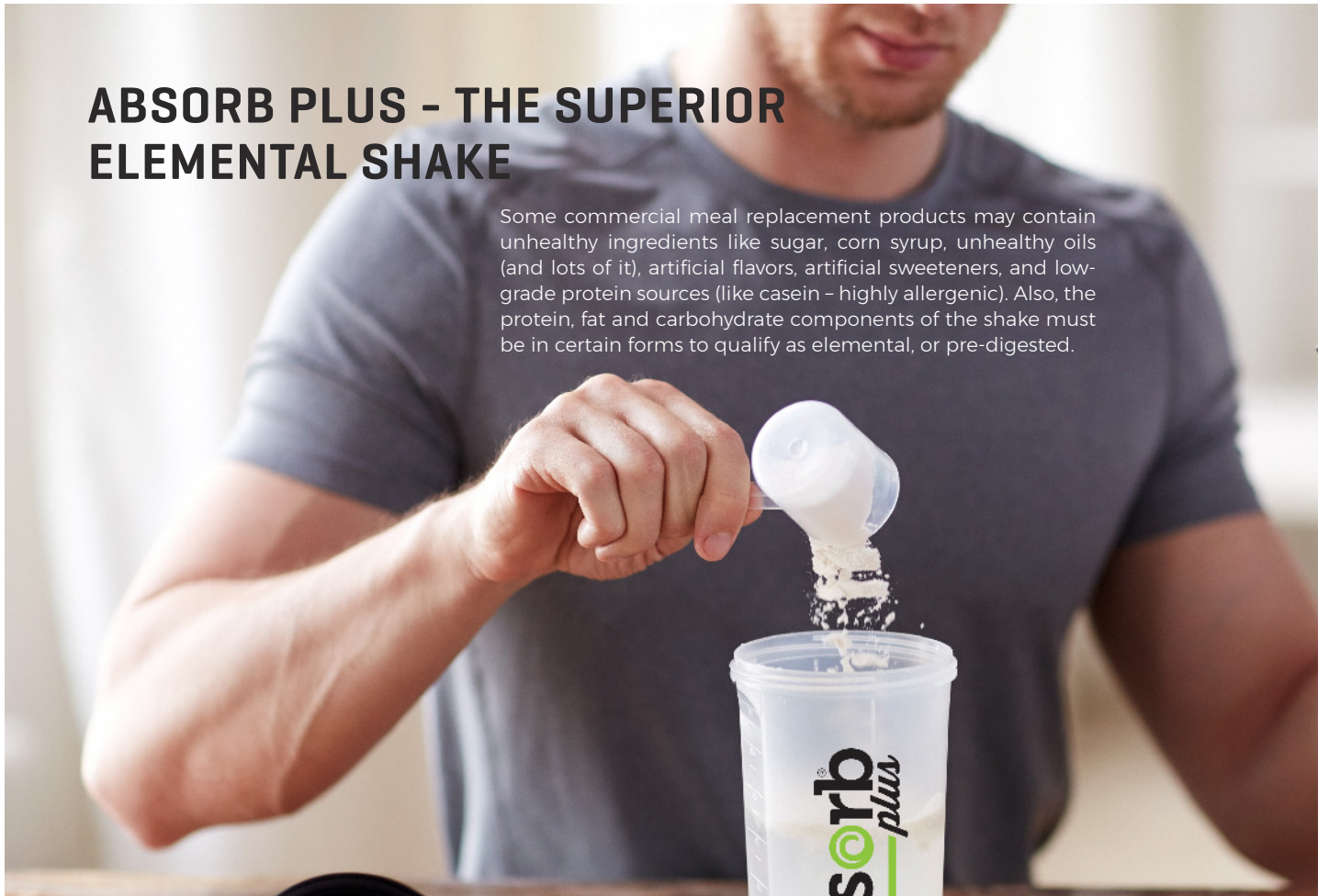
People struggling with not enough energy to shop and cook proper meals, may use elemental shakes as needed to meet their nutritional needs.

Once healthy, many use it ongoing as a breakfast shake, mixing it with half a banana, their choice of nut milk, or other fruit.

Some have used elemental shakes as a healthy way to lose weight, or maintain their current weight during times of stress or travel, or to gain healthy weight (not fat).

# ABSORB PLUS - THE SUPERIOR ELEMENTAL SHAKE

Some commercial meal replacement products may contain unhealthy ingredients like sugar, corn syrup, unhealthy oils (and lots of it), artificial flavors, artificial sweeteners, and low-grade protein sources (like casein - highly allergenic). Also, the protein, fat and carbohydrate components of the shake must be in certain forms to qualify as elemental, or pre-digested.



## Protein Source

- The protein in a semi-elemental or polymeric shake must be a di-peptide bond protein to be used to build muscle. Free-form amino acids are beneficial for various bodily functions, but the body can't build muscle (gain weight) without at least a di-peptide bond protein to piggy-back on.
- Look for whey protein isolate. Make sure it is cross-flow membrane, cold-extracted (not denatured by heat) and casein-free.
- For Vegan, check that the plant protein source is an isolate – otherwise it will also contain a lot of plant starch, which is a polysaccharide (not allowed on elemental diets). Best if it is also organic and sprouted to increase bioavailability.
- Check the number of grams of protein per serving – products range from 10 – 27 grams per serving, which hugely affects price. More protein is better!
- Free-form amino acid elemental shakes are ideal for food allergy testing, or any other short-term usage, where the client is not malnourished. Remember, the body needs a di-peptide bond protein to build muscle so free-form amino shakes may result in weight loss.



## Additional Amino Acids

- There are numerous amino acids that are automatically present in the shake's protein source.
- Also look for a product that contains additional, beneficial free-form amino acids – especially ones involved with wound repair, proper metabolism of fats and fatty acids, cartilage and ligament health, and aiding the function of pituitary, adrenal and thyroid glands. Every Absorb Plus shake contains a custom-blend of beneficial free-from amino acids.

## Fats

- The fat component of an elemental shake must be cold-pressed oil only. Organic cold-pressed flax oil, Udo's oil, MCT oil are usually well-tolerated. Flax and Udo's must be kept refrigerated, but MCT oil (from coconut oil) can sit on the counter.
- Different people can tolerate different levels of fat dependent on the type and location of illness and degree of inflammation. Therefore, it's best to have an elemental shake that allows you to add the level of fat that's right for you. People with a severe fat intolerance may need to start with no added fat at all. Then after a while they can start adding a half to 1 teaspoon of organic, cold-pressed flax oil per shake. Gradually increase over time to 1 tablespoon of flax oil per Absorb Plus shake.

## Carbohydrates

- To be considered elemental, carbohydrates must be monosaccharides only. Maltodextrin (a glucose polymer) is the only exception to this rule.
- Look for a product using natural sweeteners only; like stevia, luohanguo, dextrose, fructose (natural, not HFCS), or glucose. Sugar alcohols (xylitol, sorbitol, etc) are not recommended, since they loosen the bowel and cause gas/bloating.
- Maltodextrin derived from cassava root/tapioca is better than corn maltodextrin as it is not allergenic, not GMO, and is gluten-free. Maltodextrin has a slower uptake to the bloodstream than monosaccharide carbs/sugars thereby helping to avoid the "sugar high" and resultant crash you can get from liquid shake products containing a higher ratio of monosaccharides.



A **delicious tasting**, all natural,  
premium quality, **pre-digested**,  
nutritional shake.



## Absorb Plus Products - Comparison (Amino, Vegan & Original)

| INGREDIENTS  | ABSORB PLUS AMINO                                     | ABSORB PLUS VEGAN                                     | ABSORB PLUS ORIGINAL                                  |
|--------------|-------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|
| PROTEIN      | 13 g free-form amino acids                            | 27 g organic sprouted brown rice isolate              | 27 g whey isolate                                     |
| CARBOHYDRATE | Up to 31 g organic tapioca maltodextrin               | Average 61 g organic tapioca maltodextrin             | Average 59 g organic tapioca maltodextrin             |
| FAT          | No added fat. Use Udo's, MCT or flax oil as tolerated | No added fat. Use Udo's, MCT or flax oil as tolerated | No added fat. Use Udo's, MCT or flax oil as tolerated |
| FLAVORS      | 100% Natural. 2 delicious flavors                     | 100% Natural. 3 delicious flavors                     | 100% Natural. 12 delicious flavors                    |
| SWEETENER    | None or Stevia                                        | None or Stevia or Natural Fructose                    | None or Dextrose, or Stevia or Natural Fructose       |
| USAGE        | Allergy testing, bowel rest, weight loss 1-3 weeks    | Bowel rest, maintain or gain weight 3-6 weeks         | Bowel rest, maintain or gain weight 3-6 weeks         |

When choosing your elemental shake consider whether you need to lose, gain or maintain weight. Which type of protein does your body like best? Try to alternate proteins to avoid creating intolerance.

## Absorb Plus Amino - Comparison (w/ other brands)\*

| INGREDIENTS   | ABSORB PLUS AMINO             | PHYSICIAN'S FORMULA       | VIVONEX                      |
|---------------|-------------------------------|---------------------------|------------------------------|
| PROTEIN       | 13 g free-form amino acids    | 5 g free-form amino acids | 11.5 g free-form amino acids |
| CARBOHYDRATE  | 20-31g tapioca maltodextrin * | 25 g tapioca maltodextrin | 61.7 g corn maltodextrin     |
| FAT           | No added fat                  | MCT oil                   | Soybean oil                  |
| FLAVORS       | Orange Mango & Coco-Choc **   | None                      | None                         |
| SWEETENER     | None / or Stevia              | Dextrose                  | Modified corn starch         |
| PRESERVATIVES | None                          | None                      | BHA & BHT                    |

When choosing an elemental shake, be sure to compare amount of protein (amino acids) amount of carbohydrate (maltodextrin) and fat, sweeteners, chemicals or preservatives.

\* Organic tapioca maltodextrin \*\* 100% All Natural flavors

# 11 KEY REASONS TO USE ABSORB PLUS

1

**Absorbed fast** - in the bloodstream within 20 minutes.

2

**100% natural** liquid hypoallergenic, non-GMO, **pre-digested** food source.

3

3.7g custom-made **therapeutic amino acid blend**, in addition to main protein source.

4

**Superior 29 vitamins, minerals & trace minerals** in the most highly absorbed, well-tolerated forms.

5

**Highest quality bio-available protein.** Your choice of whey isolate, or organic sprouted brown rice isolate, or free-form amino acids.

6

**No added fat** or oil so people can add the type and amount they can tolerate. As they heal, they will be able to add more cold-pressed oil (flax, Udo's, MCT).

**Absorb Plus & Absorb Plus Vegan** comes 2 sizes - in 1Kg Tubs and 100g sample tubs

**Absorb Plus Amino** comes 2 sizes - in 500g Tubs and 50g sample tubs



7

**GREAT taste!** Kids, adult and senior-friendly. Completely natural - no artificial flavors, colors, sweeteners or preservatives. With **17 different flavors** (and growing) to choose from. Absorb Plus occasionally adds new flavors, please visit the website to see our current product lineup.

8

**Mixes easily with water** for a pure elemental shake. Or mix with your choice of milk, banana etc for a nutrient shake. Do not use hot liquid (denatures vitamins).

9

Ideal for malnourished, or adolescents with delayed growth due to illness, drugs, or eating disorders. **Assists in immune function** and healthy development of muscle, bones, teeth, gums, connective tissue and cartilage.

10

**Alkalizing**; maintains normal acid-base balance and **electrolyte balance**.

11

**Maintains proper liver function**; ideal support during detox or disease treatment

PROTEIN  
SOURCE



**Absorb Plus** -Whey Protein Isolate

**Absorb Plus Vegan** - Organic Sprouted Rice Protein Isolate

**Absorb Plus Amino** - Amino Acid Protein Blend

# USAGE GUIDELINES

## To get the best taste from Absorb Plus:

- Pour 1 cup (8 ounces) of water into a blender or BlenderBottle (increase water if desired)
- Add 1 tsp - 1 tbsp cold-pressed Flax, Udo's or MCT Oil (adjust oil according to tolerance; the more, the better)
- Add 4 level scoops of Absorb Plus and shake or whip on LOW speed for 10 seconds
- Pour over ice (if you wish) and drink slowly for maximum nutrient absorption

Absorb Plus is low fat, so add a cold-pressed oil that is high in Omega-3, like flax, MCT, or Udo's oil - and add as much as you can tolerate; ideally 1 tbsp per shake.

If you are not on an exclusively elemental diet, you can use your choice of dairy or nut milk (instead of water) and/or add fruit as well.



## Calculating calories

Calculating the number of calories you should consume is not the same for each person, as numerous factors influence caloric requirements. For example, if you are in an active disease state, then you likely need a lot of extra calories (and protein) for healing and tissue repair, in addition to the calories normally needed by a person of your height and weight. If you are a child or teenager (still growing), you also need a lot of extra calories to fuel your growth. If you are a tall or heavy person, you will need more calories per day than a short or small-boned, light person.

If you want to gain weight, then you need to take in *extra* calories – over what your body needs – to put on weight.

If you want to lose weight, then calculate your intake of calories/ liquid diet shakes according to your desired body weight, not your current body weight. This will allow you to lose fat, while still nourishing your body and your muscles.

## Using Absorb Plus to gain weight when malnourished

Based on our experience with thousands of people with gut issues, most people start with 6 shakes per day if using Absorb Plus as their only food source. You can then increase the number of shakes until you start gaining weight. Caloric needs are very individual, so don't be afraid to experiment, especially if you have a high metabolism, or active disease.

See [AbsorbPlus.com](https://AbsorbPlus.com) for detailed Usage instructions and recipes.

**3500 calories**  
**=**  
**1 lb of body weight**



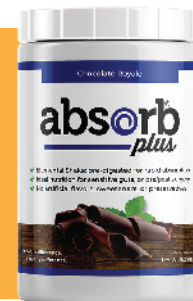
## Absorb Plus - Elemental Shakes

Absorb Plus elemental diet shakes meet all the criteria listed on the previous pages. Please check the website for your region/ country to see what flavors are available (in 100g samples or 1kg tubs).

Absorb Plus Original: IMIX Nutrition, USA & CAN  
Absorb Plus Amino: IMIX Nutrition, USA & CAN  
Absorb Plus Vegan: IMIX Nutrition, USA & CAN  
Absorb Element+: IMIX Nutrition, UK & EU



Banana Coconut Creme



Chocolate Royale



Berry Fusion



Choco-Raspberry (Limited)



Caramel Toffee Twist



French Vanilla



Mocha Grande



Unsweetened Berry



Mocha Latte



Amino - Coco-Choc



Simply Chocolate



Unsweetened Chocolate



Unsweetened Coco-Choc



Amino - Orange Mango



Simply Vanilla



Unsweetened Vanilla



Unsweetened Vanilla Brulee

Original

Vegan

Amino

# ABSORB PLUS BENEFITS

Absorb Plus provides vitamins, minerals, free-form amino acids, protein and carbohydrates in the most desirable forms and proportions; in ratios that allow for optimum use and absorption.

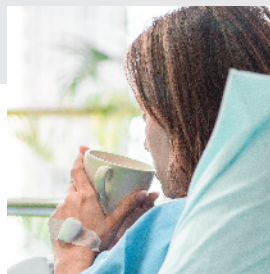
## Manage Weight

Use Absorb Plus to maintain or gain solid weight (not fat).



## Gentle & Nourishing

Bioavailable, highly absorbed, easily digested nutrients.



## Daily Support

Macro and micro-nutrients; feel more energy & sleep better



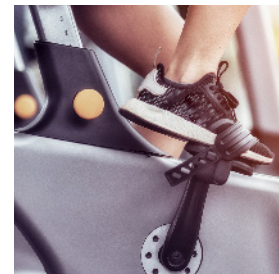
## Mixes Easily

Convenient for work or travel. Mixes easily in shaker cup or blender.



## Liquid Health

Ideal for pre- or post-surgery or trouble chewing, swallowing or digesting.



We challenge you to find another product on the market that matches Absorb Plus in nutritional value or quality of ingredients.



### Choose your protein

Organic vegan sprouted brown rice protein isolate OR free-form amino acids OR whey isolate: lactose-free, casein-free, cold extraction (27 whopping grams per serving).

### Powerful amino acids

Customized blend of 10 free-form amino acids (3700 mg per serving!) Chosen for their clinically-proven health benefits, especially for compromised guts.



### 29 vitamins & minerals

Superior vitamins and minerals, including a full panel of trace minerals, in the most highly absorbed and well-tolerated forms for sensitive guts.

### Completely natural

No artificial flavors, sweeteners, colors, preservatives etc. The carbohydrate component is mostly cassava (tapioca) maltodextrin - avoid the sugar high.





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Absorb Plus is  
manufactured by:

**imix nutrition®**

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Blaine, WA, 98230 USA

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For details or to order online:

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