



# Your preferred partner for medical nutrition

Targeted solutions for improved patient care and quality of life



## Inspiring nutritional innovation

Nutrition is of great importance in clinical settings; it has the capability to improve patient outcomes and general wellbeing. However, in-depth scientific research and patient studies are required to enable the creation of appealing and palatable solutions that address peoples' complex nutritional and clinical needs, in order to enable good compliance and promote recovery and overall health.

**As an innovation partner to its customers and a purpose-led company, DSM continues to invest in future research and insights to cater to the ever-evolving nutritional needs of patients, people at risk of non-communicable diseases (NCDs) and elderly adults.**

## Unrivalled ingredient portfolio

As part of its established offering, DSM provides a complete portfolio of nutritional ingredients that meet the highest safety and quality requirements and that are proven to benefit people with specific needs. From vitamin straights as individual ingredients, including vitamins as active pharmaceutical ingredients (APIs) for parenteral nutrition, to nutrients such as omega-3 polyunsaturated fatty acids – including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) from marine and microalgae sources – DSM's high-quality ingredients can be used in a range of medical nutrition formulations.

## Customized premixes

DSM's global blending capabilities allow for the creation of fully customizable premixes, including nutrient blends of desired functional ingredients – vitamins, minerals, amino acids, hydrocolloids, nutraceuticals and more – in one single, efficient, homogenous premix.

## Expert services

As well as its strong scientific heritage and diverse ingredients portfolio, DSM offers a broad range of expert services. Available to customers across its global network, DSM's team supports the development of medical nutrition solutions that successfully tackle the nutritional needs of patients with specific medical conditions.



# Insights from ESPEN 2019

## The latest science for medical nutrition: a spotlight on nutritional lipids

In a recent DSM-hosted roundtable, leading nutrition experts explored the beneficial role of EPA and DHA omega-3 fatty acids as nutritional support in specific medical conditions. The aim of the session was to identify which patient groups could benefit most from nutritional lipid interventions.

### Key findings: benefits of omega-3s for medical nutrition

It is well known that the long-chain omega-3 fatty acids, EPA and DHA, play a key role in human health and wellbeing. Now, mounting evidence also demonstrates the beneficial effects of omega-3s in reducing medical complications, supporting recovery and independence and lowering healthcare costs in specific therapeutic areas, such as oncology, perioperative care and brain health.



### After reviewing existing and emerging science, the expert panel concluded that:

- EPA and DHA exhibit inflammatory resolving effects and may therefore help to prevent the risk and severity of disease
- Long-term supplementation of EPA and DHA in elderly populations may help preserve muscle mass and improve muscle strength in those with sarcopenia; potentially improving mobility and quality of life as individuals age
- EPA and DHA as part of pre- and post-surgical immuno-nutrition has the potential to reduce infectious complications and the length of hospital stays
- There is a promising role for EPA and DHA nutrition in managing cancer cachexia and therefore the outcomes of cancer treatment
- EPA and DHA may help to slow cognitive decline, with some studies showing benefits even in patients who are already experiencing mild cognitive impairment.

### Enabling innovation in medical nutrition

To further bridge knowledge gaps and innovate in the field of medical nutrition, the expert panel highlighted the importance of more, well designed trials to explore the effects of omega-3s in specific conditions and give strong recommendations for EPA and DHA levels in clinical settings. With this in mind, the experts recommend that EPA and DHA are integrated into multimodal interventions combined with additional nutrients and exercise, where relevant, to optimize medical care in specific therapeutic conditions.

### Experts in nutritional lipids for medical nutrition

With its commitment to continued research in nutritional lipids and patient insights, DSM is already inspiring, discovering and developing new applications for targeted medical nutrition solutions.

For more information on how DSM can support you in the development of innovative and customized medical nutrition solutions, including those that contain omega-3s EPA and DHA, visit: [www.dsm-medicalnutrition.com](http://www.dsm-medicalnutrition.com).

This publication does not constitute or provide scientific or medical advice, diagnosis, or treatment. This information is based on DSM's current knowledge. DSM makes no representation or warranty of the accuracy, reliability, or completeness of the information and as to results to be obtained. Use of this information shall be at your discretion and risk. It does not relieve you of your obligation to comply with all applicable laws and regulations and to observe all third-party rights. The content of this document is subject to change without further notice.

©DSM Nutritional Products 2019