

# Comparison of Protein Bars vs. Vidafuel in the dialysis setting: Efficacy, Adherence & Cost

It is widely acknowledged that an Oral Nutrition Supplement (ONS) protocol is the most effective and cost-efficient intervention for improving albumin levels, reducing missed treatments, and lowering mortality rates among dialysis patients. However, the success of an ONS program hinges on the quality of the supplements provided and patient adherence.



## Nutritional Composition

Protein bars often have more grams of sugar than grams of protein, making them more appropriate as a decadent snack than a clinical intervention for low albumin.

- On average, one protein bar has 75% more sugar than one serving of Vidafuel.
- On average, one protein bar has 20% less protein than one serving of Vidafuel.
- Protein bars contain soy protein, which is naturally high in phosphorus & potassium.

## vidafuel® SUPPLEMENT COMPARISON CHART

PROTEIN SOURCE	TOTAL PROTEIN *per serving	CALORIES	SUGAR	SODIUM	POTASSIUM	PHOSPHORUS	ARTIFICIAL SWEETENERS
 Hydrolyzed Collagen, Whey Isolate	16g	90	4g	25mg	66mg	8mg	NO
 Soy Protein Isolate, Whey Protein Concentrate	14g	220	17g	180mg	90mg	150mg	YES
 Soy Protein	11g	170	13g	115mg	80mg	120mg	NO

## Patient Adherence

### Clinician feedback:

- Poor detention is common in dialysis patients. This makes consuming hard & chewy protein bars very difficult.
- Many patients are unable to finish the full protein bar, resulting in waste.

"I often find multiple protein bars at the bottom of my patient's bag. It's hard to ensure compliance. With Vidafuel, patients easily take the 2oz dose during treatment, so we know they got the protein."

-Erin, RN

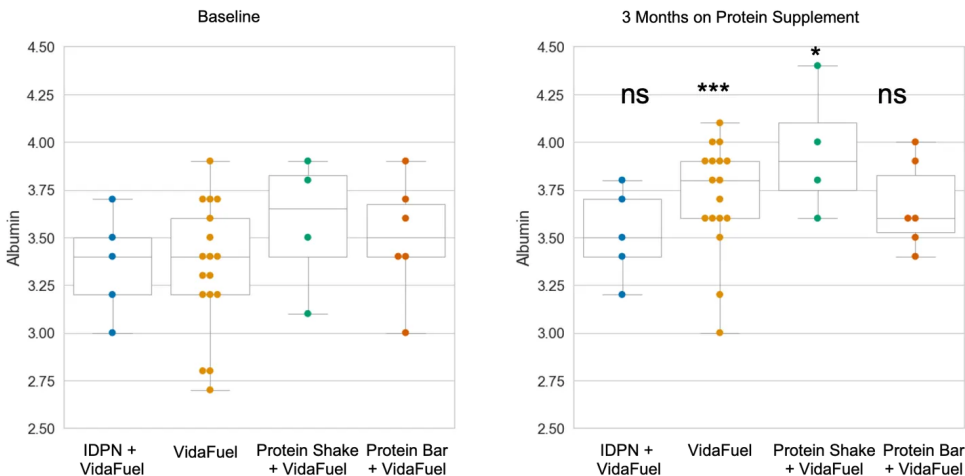
"The bars are more of a snack than a true clinical intervention, so I understand why patients like them. That's not the purpose of the protocol though. I also have an issue with the high sugar content. Many of my patients are diabetic or pre-diabetic. Vidafuel is a more appropriate and effective ONS for us."

-Dana, RD

## Clinical Efficacy Data

Initial data collected from dialysis centers on the impact of switching from protein bars to Vidafuel Wellness as the first line intervention for the ONS protocol demonstrates:

- Statistically significant improvement in albumin scores with Vidafuel vs. protein bars
- Improved dosing efficacy, adherence documentation and less waste



## Cost Assessment

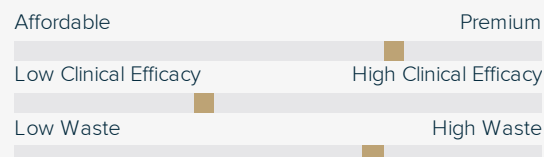
On average, protein bars cost \$1.00/serving. On average, Vidafuel costs \$.70/serving.

Using Vidafuel as your first line intervention can result in 30% of upfront cost savings.

## Vidafuel Wellness



## Protein Bars



\* p < 0.05, \*\*\* p < 0.01 compared with value before treatment, ns = not significant