

# Swallowing problems often lead to wound problems.

Oropharyngeal dysphagia increased the odds of developing a pressure injury 4.02 times in a 2022 meta-analysis.\*



## Introducing Expedite™ Cup

*The perfect choice for dysphagia patients at risk for or with pre-existing wounds, including pressure injuries, diabetic wounds, surgical incisions, burns, and other skin integrity issues.*

Expedite Cup improves the odds for patients with dysphagia...and all your other patients with wounds too!

- ✓ Small 2-ounce gelatin portion
- ✓ IDDSI Level 4
- ✓ 40x wound-specific dipeptides
- ✓ L-citrulline to produce arginine
- ✓ Sugar-free
- ✓ 10 grams of protein
- ✓ Tasty Tropical Fruit flavor

2-ounce serving size ▶ Better consumption ▶ Fuels collagen production

  
More than nutrition,  
**Medtrition®**

[www.ExpediteHealing.com](http://www.ExpediteHealing.com)

\*Banda KJ et al. *Gerontology*. 2022;68:841-853. doi.org/10.1159/000520326

# Expedite Cup is the ideal solution for patients with dysphagia.

Expedite Cup works because it contains a highly concentrated blend of the collagen dipeptides prolyl-hydroxyproline (PO) and hydroxyprolyl glycine (OG) to fuel collagen production.

- STEP 1: CONSUMPTION**—The 2-ounce, once per day gelatin cup is manageable for both patients and caregivers.
- STEP 2: ABSORPTION**—Expedite is readily absorbed in the gut to reach the wound site. PO and OG can circulate in the bloodstream for more than 4 hours post-ingestion.
- STEP 3: DISTRIBUTION**—Expedite reaches the wound site with 30 times the PO and OG content when compared to standard collagen supplements.
- STEP 4: PROLIFERATION**—PO and OG accumulate in the skin where they stimulate fibroblasts to produce dermal extracellular matrix components. Expedite directly affects the proliferative stage of wound healing by stimulating receptors in fibroblasts to produce new collagen.

## PLUS L-citrulline for the next generation way to stimulate nitric oxide production.

L-citrulline is the more efficient and more powerful way to stimulate nitric oxide production when compared to supplemental arginine.

- ✓ L-citrulline is easily absorbed unchanged, while ingested L-arginine undergoes first-pass metabolism where 40% is filtered and removed.
- ✓ L-citrulline is converted to bioavailable arginine in the kidneys.
- ✓ Arginine stimulates the production of nitric oxide, bringing blood flow to the wound site.



Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 cup (2 fl oz)(60 mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>45</b>
<b>%Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Potassium</b> 78mg	<b>2%</b>
<b>Phosphorus</b> 1mg	<b>0%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber <1g	<b>1%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vit. D 0mcg 0%	• Calcium 12mg 0%
Iron 0mg 0%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### DOSAGE & ADMINISTRATION:

**Oral:** Consume one 2-ounce gelatin cup daily or as directed by a healthcare professional.

**Tube Feeding:** Expedite Cup is for oral consumption only.

**Not a sole source of nutrition.**

**Not for parenteral use. USE UNDER MEDICAL SUPERVISION.**

Gluten free and lactose free.

### ORDERING INFORMATION:

Item Number 18803

Tropical Fruit Expedite 36/2 ounce cups

**Ingredients:** Water, Hydrolyzed Collagen Peptides, L-Citrulline, Malic Acid, Carrageenan and Locust Bean Gum, Natural Flavors, Potassium Citrate, L-Tryptophan, Sucralose, Potassium Sorbate and Sodium Benzoate (preservatives), Yellow 5 and 6.

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For more information, visit [www.ExpediteHealing.com](http://www.ExpediteHealing.com).