

# PEDIASURE COMPLETE® GROW & GAIN™

Nutritional supplement

For children 1 to 13 years of age



## INDICATIONS FOR USE

Complete, balanced nutrition to help support growth and development. PediaSure Complete® Grow & Gain™ can be used with or between meals as part of a healthy diet.

For children:

- who are picky eaters;
- with feeding difficulties;
- who require additional nutrients due to poor appetite or intake;
- with appetite suppression due to medication or treatment.

### Safety precautions:

- For oral feeding only – not for tube feeding.
- Not for parenteral use.
- Not for children with galactosemia.
- For children under 1 year of age, consult a physician or qualified health care professional prior to using PediaSure Complete® Grow & Gain™.

## FEATURES AND BENEFITS

Each bottle contains:

- 26 vitamins and minerals.
- 9.3 g protein to help build strong muscles and antibodies.
- DHA, an Omega-3 fatty acid that supports the normal physical development of the brain and eyes.<sup>1</sup>
- 1 g of short-chain fructooligosaccharides (scFOS).
- 5% of fat as medium-chain triglycerides, an easily digested and well-absorbed fat source.<sup>2</sup>
- Convenient, reclosable bottle.
- 3 delicious, kid-approved flavours.

## TECHNICAL DATA

	Ready to use
Caloric density (Cal/mL)	1.0
Protein (% of total energy)	16
Fat (% of total energy)	30
Carbohydrate (% of total energy)	54
Total Cal:g nitrogen ratio	160:1
Non-protein Cal:g nitrogen ratio	136:1
Water (g/L)	830
Osmolality (mOsm/kg water)	600
Renal solute load (mOsm/L)	350
Viscosity at room temperature/ chilled	Thin/thin
Minimum tube size for gravity/ pump feeding (Fr)	N/A
Low residue	Yes
Gluten-free	Yes
Kosher	Yes
Halal	Yes

## AVAILABILITY

### Ready to use

62491526	PediaSure Complete® Grow & Gain™, Vanilla	235-mL bottles	4 x 4/case
62490526	PediaSure Complete® Grow & Gain™, Chocolate	235-mL bottles	4 x 4/case
62831526	PediaSure Complete® Grow & Gain™, Strawberry	235-mL bottles	4 x 4/case

### REFERENCES:

1. Canadian Food Inspection Agency: Health Claims – Nutrient Function Claims. Last modified on 2019-02-13. [Accessed online on 2019-04-09]. 2. Duggan C, Watkins JB, Walker WA. Nutrition in Pediatrics: Standard and Specialized Enteral Formulas. BC Decker Inc. Hamilton. 2008.

## ENERGY

	Per 100 mL	Per 235 mL
ENERGY (Cal [kJ])	100 (419)	235 (984)
PROTEIN (g)	4.0	9.3
% of total energy		16
Arginine (mg)	163	383
Cystine (mg)	37	87
Histidine (mg)	96	226
Isoleucine (mg)	193	454
Leucine (mg)	375	881
Lysine (mg)	293	689
Methionine (mg)	91	214
Phenylalanine (mg)	187	439
Tryptophan (mg)	50	118
Threonine (mg)	178	418
Valine (mg)	222	522
Taurine (mg)	-	-
Carnitine (mg)	-	-
Source	Milk protein concentrate, soy protein isolate, whey protein concentrate	
FAT (g)	3.3	7.7
% of total energy		30
Polyunsaturated fatty acids (g)	1.7	4
Linoleic acid (g)	1.3	3.0
Arachidonic acid (ARA) (mg)	1.4	3.3
Linolenic acid (g)	0.19	0.45
Docosahexaenoic acid (DHA) (mg)	4.25	10.0
Omega-6:Omega-3 ratio		6.2:1
Monounsaturated fatty acids (g)	1.0	2.4
Saturated fatty acids (g)	0.55	1.29
Cholesterol (mg)	4	9.4
Source	Soy oil, canola oil, MCT oil	
MCT oil (% of total fats)		5
CARBOHYDRATE (g)	14.0	33.0
% of total energy		54
Total dietary fibre (g)	0.43	1.0
Short-chain fructooligosaccharides (scFOS) (g)	0.43	1.0
Galactooligosaccharides (GOS) (g)	-	-
Source	Sucrose, corn maltodextrin, scFOS, cellulose gel	
Acesulfame-potassium (mg)	-	-
Sucralose (mg)	-	-

## VITAMINS

Vitamin A (RE [IU])	100 (333)	235 (783)
Vitamin D <sub>3</sub> (mcg [IU])	0.3 (10.2)	0.6 (24)
Vitamin E (mg)	1.0	2.4
Vitamin K <sub>1</sub> (mg)	0.003	0.006
Vitamin C (mg)	5.1	12.0
Thiamine (mg)	0.14	0.33
Riboflavin (mg)	0.18	0.42
Niacin (mg)	3.0	7.1
Vitamin B <sub>6</sub> (mg)	0.18	0.42
Folic acid (mg)	0.030	0.071
Vitamin B <sub>12</sub> (mg)	0.0001	0.0002
Pantothenic acid (mg)	0.6	1.4
Biotin (mg)	0.012	0.028
Choline (mg)	28	66
Inositol (mg)	-	-

## MINERALS

Sodium (mg [mmol])	38 (1.65)	90 (3.91)
Potassium (mg [mmol])	191 (4.90)	450 (11.54)
Chloride (mg [mmol])	87 (2.45)	204 (5.75)
Calcium (mg)	106	250
Phosphorus (mg)	106	250
Magnesium (mg)	23	55
Iron (mg)	1.0	2.4
Zinc (mg)	1.4	3.3
Iodide (mg)	0.015	0.036
Copper (mg)	0.15	0.36
Manganese (mg)	0.5	1.1
Selenium (mg)	0.004	0.010
Chromium (mg)	0.004	0.010
Molybdenum (mg)	0.008	0.019

Nutritional information for PediaSure Complete® Grow & Gain™, Vanilla, 235-mL bottle.

## INGREDIENTS

### PediaSure Complete® Grow & Gain™, Vanilla:

Water, sucrose, corn maltodextrin, milk protein concentrate, soy oil, soy protein isolate, whey protein concentrate, short-chain fructooligosaccharides (scFOS), canola oil, natural and artificial flavours, cellulose gel, medium chain triglycerides, cellulose gum, carrageenan, soy lecithin, monoglycerides, \*C. cohnii oil, \*\*M. alpina oil, MINERALS (potassium citrate, magnesium phosphate, calcium phosphate, potassium chloride, potassium phosphate, sodium chloride, potassium hydroxide, zinc sulphate, ferrous sulphate, manganese sulphate, cupric sulphate, potassium iodide, sodium molybdate, chromium chloride, sodium selenate), VITAMINS (choline chloride, ascorbic acid, niacinamide, dl- $\alpha$ -tocopheryl acetate, calcium pantothenate, vitamin A palmitate, pyridoxine hydrochloride, thiamine chloride hydrochloride, riboflavin, folic acid, biotin, vitamin D<sub>3</sub>, cyanocobalamin).

### Contains: Milk, soy.

\* Source of docosahexaenoic acid (DHA). \*\* Source of arachidonic acid (ARA).

**Ingredients associated with food intolerances and/or sensitivities:** Corn, coconut oil, natural and artificial flavour, other soy components.

**Additional ingredient for Chocolate:** Dutch process cocoa.

**Additional ingredient for Strawberry:** Colour. **Ingredients associated with food intolerances and/or sensitivities:** Colour.

Values listed are subject to change. Please refer to the product label or packaging for the most current ingredient, allergen and nutrient profile information.

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