

Product Information: PediaSure Complete® Grow & Gain™

For more information, contact your Abbott Nutrition sales representative or visit
www.abbottnutrition.ca

PediaSure Complete® Grow & Gain™

Nutritional supplement

Usage

- 1 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.
- 1 For children: who lack variety in their diet; with feeding difficulties; who require additional calories and/or nutrients due to a poor appetite or intake; with high energy and nutrient needs; with growth faltering.
- 1 For oral feeding.

Features

- 1 Provides 26 vitamins and minerals.
- 1 9.3 g protein to help build strong muscles and antibodies.
- 1 DHA is the most abundant Omega-3 fat in the brain and eyes.¹
- 1 1 g of short-chain fructooligosaccharides (scFOS).
- 1 5% of fat as medium-chain triglycerides, an easily digested and well-absorbed fat source.²
- 1 2 delicious, kid-approved flavours.
- 1 Convenient, reclosable bottle.
- 1 Low-residue.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.



Safety Precautions

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

¹ Dyll SC. *Front Aging Neurosci.* 2015;7:52.

² Duggan C, et al. *Nutrition in Pediatrics: Standard and Specialized Enteral Formulas.* BC Decker Inc. Hamilton. 2008.

Ingredients

Liquid Vanilla:

Water, Sugar, Corn Maltodextrin, Milk Protein Concentrate, Soya Oil, Soy Protein, Whey Protein Concentrate, Short-Chain Fructooligosaccharides (scFOS), Canola Oil, Natural and Artificial Flavour, Cellulose Gel, Modified Coconut and/or Palm Kernel Oils (Medium Chain Triglycerides), Cellulose Gum, Carrageenan, Monoglycerides, Soy Lecithin, Schizochytrium Sp. Oil (A Source of DHA), M. Alpina Oil (A Source Of ARA), MINERALS (Potassium Citrate, Magnesium Phosphate Dibasic, Tricalcium Phosphate, Potassium Chloride, Potassium Phosphate Monobasic, Salt, Potassium Hydroxide, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenate), VITAMINS (Choline Chloride, Ascorbic Acid, Niacinamide, DL-Alpha-Tocopheryl Acetate, Calcium D-Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Chloride Hydrochloride, Riboflavin, Folic Acid, D-Biotin, Vitamin D3, and Cyanocobalamin).

Allergens: Contains: Milk, Soy.

Availability

List Number	Item
6249013	PediaSure Complete® Grow & Gain™, Chocolate; 4 x 235-mL bottles; 4/case
6249113	PediaSure Complete® Grow & Gain™, Vanilla; 4 x 235-mL bottles; 4/case

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Nutrition Information - Liquid Vanilla

	235 mL	100 mL
	Value	Value
ENERGY, Cal (kJ)	235 (984)	100 (419)
Protein, g	9.3	4
Fat, g	7.7	3.3
Linoleic Acid, g	3	1.3
Linolenic Acid, g	0.5	0.19
Docosahexaenoic Acid (DHA), g	0.01	0.0043
Arachidonic Acid (ARA), g	0.0033	0.0014
Saturates, g	1	0.4
Polyunsaturates, g	1.9	0.8
Monounsaturates, g	3.2	1.4
Carbohydrate, g	33	14
Fibre, g	1.7	0.7
Sugars, g	21	8.9
Vitamin A, mcg RE	235	100
Vitamin D, mcg	0.6	0.3
Vitamin E, mg	2.4	1
Vitamin K, mcg	6	3
Vitamin C, mg	12	5.1
Thiamine, mg	0.33	0.14
Riboflavin, mg	0.42	0.18
Niacin, mg	7.1	3
Vitamin B6, mg	0.42	0.18
Folic Acid, mcg DFE	118	50
Vitamin B12, mcg	0.2	0.1
Pantothenic Acid, mg	1.4	0.6
Biotin, mcg	28	12
Choline, mg	66	28
Sodium, mg	90	38
Potassium, mg	450	191
Chloride, mg	204	87
Calcium, mg	250	106
Phosphorus, mg	250	106
Magnesium, mg	55	23
Iron, mg	2.4	1
Zinc, mg	3.3	1.4
Iodine, mcg	36	15
Copper, mg	0.36	15
Manganese, mg	1.1	0.5
Selenium, mcg	10	4

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	235 mL	100 mL
	Value	Value
Chromium, mcg	10	4
Molybdenum, mcg	19	8

Product Characteristics

	Value
Caloric Density (Cal/mL)	1
Protein (% of total energy)	16
Protein Source	Milk protein concentrate, soy protein, whey protein concentrate
Fat (% of total energy)	30
Omega-6:Omega-3 Ratio	6.2:1
MCT oil (% of total fats)	5
Fat Source	Soy oil, canola oil, MCT oil
Carbohydrate (% of total energy)	54
Carbohydrate Source	Sucrose, corn maltodextrin, scFOS, cellulose gel
Total Cal:g Nitrogen Ratio	160:1
Nonprotein Cal:g Nitrogen Ratio	136:1
Water (g/L)	830
Osmolality (mOsm/kg water)	600
Renal Solute Load (mOsm/L)	350
Recommended Tube Size for Gravity/Pump Feeding (Fr)	N/A

Preparation

Directions for Use:

- 1 Shake well — serve cold.
- 1 Once opened, refrigerate and use within 24 hours.