

## Product Information: PediaSure® Grow & Gain Shake

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

# PediaSure® Grow & Gain Shake

Complete, Balanced Nutrition®

- 1 PEDIASURE GROW & GAIN is clinically proven\* nutrition to help kids grow and is a nutrition supplement for kids falling behind on growth.<sup>1,2,3,4,5,6</sup>
- 1 May be used as the sole source of nutrition or as a supplement.
- 1 Formulated for oral feeding; may also be tube fed.
- 1 A source of complete, balanced nutrition especially designed for children 2 to 13 years of age.
- 1 Meets or exceeds 100% of the DRIs for protein and 25 essential vitamins and minerals
  - in 1000 mL for children 2 to 8 years of age.
  - in 1500 mL for children 9 to 13 years of age.
- 1 Antioxidants (vitamins C & E and selenium) to support the immune system.
- 1 DHA (32 mg per 8 fl oz) and lutein to support the brain and eyes.<sup>7,8</sup>
- 1 No artificial growth hormones.<sup>†</sup>
- 1 Halal.
- 1 Kosher made with dairy ingredients.
- 1 Gluten-free.
- 1 #1 Pediatrician recommended brand.
- 1 Suitable for lactose intolerance.<sup>‡</sup>



## Safety Precautions

- 1 Not for IV use.
- 1 Not for children with galactosemia.
- 1 Consult your health care professional for use with children under 2 years of age.

\* Studied in children at risk for malnutrition, 2 servings daily.

† No significant difference has been shown between milk derived from rbST-treated and non-rbST-treated cows.

‡ Not for people with galactosemia.

<sup>1</sup> Akram DS, et al. J Pak Med Assoc. 2000;50:377-380.

<sup>2</sup> Alarcon PA, et al. Clin Pediatr. 2003;42:209-217.

<sup>3</sup> Fisberg M, et al. Int Pediatr. 2002;17:216-222.

<sup>4</sup> Morales E, et al. J Am Diet Assoc. 1991;91:1233-1238.

<sup>5</sup> Ramstack M, et al. JPEN J Parenter Enteral Nutr. 1991;15:89-92.

<sup>6</sup> Huynh DT, et al. J Am Hum Nutr Diet. 2015;28:623-635.

<sup>7</sup> Lauritzen L, et al. Prog Lipid Res. 2001;40:1-94.

<sup>8</sup> Krinsky NI, et al. Annu Rev Nutr. 2003;23:171-201.

## Ingredients

### Liquid Vanilla:

Water, Corn Maltodextrin, Blend of Vegetable Oils (Soy, High Oleic Safflower), Sugar, Milk Protein Concentrate, Soy Protein Isolate. Less than 0.5% of: Vitamins & Minerals (Potassium Citrate, Calcium Phosphate, Potassium Chloride, Magnesium Phosphate, Potassium Phosphate, Calcium Carbonate, Ascorbic Acid, Choline Chloride, Ferrous Sulfate, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Copper Sulfate, Folic Acid, Chromium Chloride, Potassium Iodide, Sodium Molybdate, Sodium Selenate, Biotin, Phylloquinone, Vitamin D3, Vitamin B12, Menaquinone-7), Natural & Artificial Flavors, Cellulose Gel, Tuna Oil, Cellulose Gum, Monoglycerides, Soy Lecithin, Carrageenan, Potassium Hydroxide, Inositol, Salt, Taurine, Stevia Leaf Extract, L-Carnitine, and Lutein.

**Allergens:** Contains milk and soy ingredients.

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# PediaSure® Grow & Gain Shake

Complete, Balanced Nutrition®

## Availability

List Number	Item
58049	PediaSure Grow & Gain Vanilla / 8 fl oz (237 mL) Bottle / 4 x 6 ct
58052	PediaSure Grow & Gain Banana / 8 fl oz (237 mL) Bottle / 4 x 6 ct
58055	PediaSure Grow & Gain Strawberry / 8 fl oz (237 mL) Bottle / 4 x 6 ct
58058	PediaSure Grow & Gain Chocolate / 8 fl oz (237 mL) Bottle / 4 x 6 ct
58526	PediaSure Grow & Gain Vanilla / 8 fl oz (237 mL) Bottle / 24 ct
59682	PediaSure Grow & Gain Strawberry / 8 fl oz (237 mL) Bottle / 24 ct
63319	PediaSure Grow & Gain Chocolate / 8 fl oz (237 mL) Bottle / 24 ct
66654	PediaSure Grow & Gain Banana / 8 fl oz (237 mL) Bottle / 24 ct
68612	PediaSure Grow & Gain Chocolate / 8 fl oz (237 mL) Can / 16 ct
68616	PediaSure Grow & Gain Vanilla / 8 fl oz (237 mL) Can / 16 ct

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Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)	
	Value	%RDI / %DV*
Calories	240	
Total Fat, g	9	12
Saturated Fat, g	1.5	8
Trans Fat, g	0	
Polyunsaturated Fat, g	3.5	
Monounsaturated Fat, g	3.5	
Cholesterol, mg	5	<2
Sodium, mg	90	4
Total Carbohydrate, g	33	12
Dietary Fiber, g	<1	<2
Total Sugars, g	9	
Added Sugars, g	9	18
Protein, g	7	14
Vitamin D, mcg	6	30
Calcium, mg	330	25
Iron, mg	2.7	15
Potassium, mg	470	10
Vitamin A		15
Vitamin C		25
Vitamin E		20
Vitamin K		15
Thiamin		25
Riboflavin		25
Niacin		20
Vitamin B6		20
Folate		15
Folic Acid, mcg	36	
Vitamin B12		20
Biotin		25
Pantothenic Acid		25
Phosphorus		20
Iodine		15
Magnesium		10
Zinc		15
Selenium		15
Copper		15
Manganese		20
Chromium		25
Molybdenum		20

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Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)	
	Value	%RDI / %DV*
Chloride		10
Choline		15

Liquid Vanilla Footnotes & References

Per 8 fl oz (237 mL)

\*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.

Preparation

Instructions for Use:

- 1 Shake well. Best served chilled.
- 1 Store unopened at room temperature. For cans only, clean top of container thoroughly before opening.
- 1 After opening, cover, refrigerate and **use within 48 hours**.