

Product Information:
PediaSure® Grow & Gain with Fiber Therapeutic
Nutrition Shake

For more information, contact your Abbott Nutrition Representative or visit
www.abbottnutrition.com

PediaSure® Grow & Gain with Fiber Therapeutic Nutrition Shake

Complete, Balanced Nutrition®

- 1 PEDIASURE GROW & GAIN WITH FIBER is a source of complete, balanced nutrition especially designed for children 1 to 13 years of age.
- 1 May be used as the sole source of nutrition or as a supplement.
- 1 For oral or tube feeding.
- 1 Use under medical supervision.
- 1 Clinically proven* to help kids grow.^{1,2,3,4,5,6}
- 1 Meets or exceeds 100% of the DRIs for protein and 25 essential vitamins and minerals for children 1-8 years of age in 1000 Cal (1000 mL), and for children 9-13 years of age in 1500 Cal (1500 mL).
- 1 DHA (32 mg per 8 fl oz) and lutein to support the brain and eyes.^{7,8}
- 1 Antioxidants (vitamins C & E and selenium) to support the immune system.
- 1 #1 Pediatrician-recommended brand.
- 1 No artificial growth hormones.[†]
- 1 Kosher.
- 1 Halal.
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.



Safety Precautions

- 1 Not intended for infants under 1 year of age unless specified by a physician.
- 1 Not for IV use.
- 1 Not for children with galactosemia.

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

† Milk ingredients are derived from milk of non-rbST-treated cows, which is not different from milk of rbST-treated cows.

¹ Akram DS, et al. *J Pak Med Assoc.* 2000;50:377-380.

² Alarcon PA, et al. *Clin Pediatr.* 2003;42:209-217.

³ Fisberg M, et al. *Int Pediatr.* 2002;17:216-222.

⁴ Morales E, et al. *J Am Diet Assoc.* 1991;91:1233-1238.

⁵ Ramstack M, et al. *JPEN J Parenter Enteral Nutr.* 1991;15:89-92.

⁶ Huynh DT, et al. *J Am Hum Nutr Diet.* 2015;28:623-635.

⁷ Lauritzen L, et al. *Prog Lipid Res.* 2001;40:1-94.

⁸ Krinsky NI, et al. *Annu Rev Nutr.* 2003;23:171-201.

Ingredients

Liquid Vanilla:

Water, Corn Maltodextrin, Sugar, Blend of Vegetable Oils (Soy, High Oleic Safflower), Milk Protein Concentrate, Short-chain Fructooligosaccharides, Soy Protein Isolate, Soy Fiber. Less than 0.5% of: Vitamins & Minerals (Potassium Phosphate, Calcium Carbonate, Potassium Citrate, Potassium Chloride, Magnesium Phosphate, Ascorbic Acid, Choline Chloride, Calcium Phosphate, 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 and Artificial Flavors, Tuna Oil*, Salt, Monoglycerides, Soy Lecithin, Carrageenan, Potassium Hydroxide, Inositol, Taurine, Stevia Leaf Extract, L-Carnitine, and Lutein.

* Source of docosahexaenoic acid (DHA).

Allergens: Contains milk and soy ingredients.

For more information, contact your Abbott Nutrition Representative or visit
www.abbottnutrition.com

PediaSure® Grow & Gain with Fiber Therapeutic Nutrition Shake

Complete, Balanced Nutrition®

Availability

List Number	Item
67529	PediaSure Grow & Gain w Fiber Vanilla / 8 fl oz (237 mL) Can / 24 ct
67531	PediaSure Grow & Gain w Fiber Vanilla / 8 fl oz (237 mL) Bottle / 24 ct

PediaSure® Grow & Gain with Fiber Therapeutic Nutrition Shake

Complete, Balanced Nutrition®

Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)	
	Value	%RDI / %DV
Protein, g	7	
Fat, g	9	
Saturated Fat, g	1.5	
Trans Fat, g	0	
Polyunsaturated Fat, g	3.5	
Monounsaturated Fat, g	3.5	
Cholesterol, mg	5	
Carbohydrate, g	33	
Dietary Fiber, g	3*	
Total Sugars, g	12	
Added Sugars, g	12	
L-Carnitine, mg	4.0	
Taurine, mg	18	
Water, mL	200	
Calories	240	
Vitamin A, mcg RAE	140	
Vitamin D, mcg	6.0	
Vitamin E, mg	3.0	
Vitamin K, mcg	18	
Vitamin C, mg	23	
Folate, mcg DFE	60	
Folic Acid, mcg	36	
Thiamin (Vitamin B1), mg	0.30	
Riboflavin (Vitamin B2), mg	0.33	
Vitamin B6, mg	0.34	
Vitamin B12, mcg	0.48	
Niacin, mg NE	3.2	
Choline, mg	80	
Biotin, mcg	8.0	
Pantothenic Acid, mg	1.3	
Inositol, mg	20	
Sodium, mg	90	
Potassium, mg	470	
Chloride, mg	230	
Calcium, mg	330	
Phosphorus, mg	250	
Magnesium, mg	40	
Iodine, mcg	23	
Manganese, mg	0.46	

For more information, contact your Abbott Nutrition Representative or visit www.abbottnutrition.com

Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)	
	Value	%RDI / %DV
Copper, mg	0.14	
Zinc, mg	1.7	
Iron, mg	2.7	
Selenium, mcg	8	
Chromium, mcg	9	
Molybdenum, mcg	9	
Potential Renal Solute Load, mOsm/L	297	

Liquid Vanilla Footnotes & References

Per 8 fl oz (237 mL)
*Includes 1.8 g from short-chain fructooligosaccharides

Preparation

- Instructions for Use:
- 1 Shake well. Best served chilled.
 - 1 Store unopened at room temperature.
 - 1 Cans only - Clean top of container thoroughly before opening.
 - 1 After opening, refrigerate and consume product within 48 hours. If consuming product directly from the container, refrigerate and consume within 24 hours.