

PediaSure® Grow & Gain with Fiber Shake

Complete, Balanced Nutrition®

PEDIASURE GROW & GAIN WITH FIBER is a source of complete, balanced nutrition especially designed for children 2 to 13 years of age. May be used as the sole source of nutrition or as a supplement. Formulated for oral feeding; may also be tube fed.



Features

- Clinically proven* to help kids grow.^{1,2,3,4,5,6}
- Good source of fiber† to help maintain regularity.
- Meets or exceeds 100% of the DRIs for protein and 25 essential vitamins and minerals
 - in 1000 mL for children 1 to 8 years of age.
 - in 1500 mL for children 9 to 13 years of age.
- Vitamin D, calcium and phosphorus for strong bones.
- Antioxidants (vitamins C & E and selenium) to support the immune system.
- DHA omega-3‡ and lutein to support the brain and eyes.^{7,8}
- No artificial growth hormones.[§]
- #1 Pediatrician recommended brand.
- Suitable for lactose intolerance.[¶]
- Gluten-free.
- Kosher.
- Halal.

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

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

[†] Contains 9 g of total fat per serving.

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

[‡] 32 mg DHA per 8 fl oz serving.

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

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

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

[¶] Not for people with galactosemia.

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.

Safety Precautions

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

Availability

List Number	Item
68300	PediaSure Grow & Gain w Fiber Chocolate / 8 fl oz (237 mL) Bottle / 4 x 6 ct

Ingredients

Chocolate Liquid

Water, Corn Maltodextrin, Sugar, Blend of Vegetable Oils (Soy, High Oleic Safflower), Milk Protein Concentrate, Short-chain Fructooligosaccharides, Cocoa (Processed with Alkali), Soy Protein Isolate. Less than 0.5% of: Vitamins & Minerals (Calcium Phosphate, Potassium Chloride, Potassium Citrate, Potassium Phosphate, Magnesium 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, Phyloquinone, Vitamin D3, Vitamin B12, Menaquinone-7), Soy Fiber, Natural & Artificial Flavors, Tuna Oil, Monoglycerides, Soy Lecithin, Salt, Carrageenan, Potassium Hydroxide, Inositol, Taurine, Stevia Leaf Extract, L-Carnitine, and Lutein.

Contains milk and soy ingredients.

Nutrition Information

	8 fl oz (237 mL)	
	Value	%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	10	3
Sodium, mg	90	4
Total Carbohydrate, g	33	12
Dietary Fiber, g	3	11
Total Sugars, g	12	
Added Sugars, g	12	24
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		35
Molybdenum		20
Chloride		10
Choline		15

*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.

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Complete, Balanced Nutrition®

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Features

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 - in 1000 mL for children 1 to 8 years of age.
 - in 1500 mL for children 9 to 13 years of age.
- Vitamin D, calcium and phosphorus for strong bones.
- Antioxidants (vitamins C & E and selenium) to support the immune system.
- DHA omega-3[‡] and lutein to support the brain and eyes.^{7,8}
- No artificial growth hormones.[§]
- #1 Pediatrician recommended brand.
- Suitable for lactose intolerance.[¶]
- Gluten-free.
- Kosher.
- Halal.

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Availability

List Number	Item
58061	PediaSure Grow & Gain w Fiber Vanilla / 8 fl oz (237 mL) Bottle / 4 x 6 ct
53444	PediaSure Grow & Gain w Fiber Vanilla / 8 fl oz (237 mL) Bottle / 24 ct

Ingredients

Vanilla Liquid

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 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, Tuna Oil, Salt, Monoglycerides, Soy Lecithin, Carrageenan, Potassium Hydroxide, Inositol, Taurine, Stevia Leaf

PediaSure® Grow & Gain with Fiber Shake

Extract, L-Carnitine, and Lutein.

Contains milk and soy ingredients.

Nutrition Information

	8 fl oz (237 mL)	
	Value	%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	3	11
Total Sugars, g	12	
Added Sugars, g	12	24
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
Chloride		10
Choline		15

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¹¹ Lauritzen L, et al. Prog Lipid Res. 2001;40:1-94.

¹² Krinsky NI, et al. Annu Rev Nutr. 2003;23:171-201.

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Availability

List Number	Item
56368	PediaSure Grow & Gain w Fiber Strawberry / 8 fl oz (237 mL) Bottle / 4 x 6 ct

Ingredients

Strawberry Liquid

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 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, Sodium Molybdate, Sodium Selenate, Biotin, Phylloquinone, Potassium Iodide, Vitamin D3, Vitamin B12, Menaquinone-7), Natural & Artificial Flavors, Tuna Oil, Salt, Monoglycerides, Soy Lecithin, Carrageenan, Potassium Hydroxide, Inositol, Taurine, Stevia Leaf Extract, L-Carnitine, Red 3, and Lutein.

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Contains milk and soy ingredients.

Nutrition Information

	8 fl oz (237 mL)	
	Value	%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	3	11
Total Sugars, g	12	
Added Sugars, g	12	24
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

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Manganese		20
Chromium		25
Molybdenum		20
Chloride		10
Choline		15

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