

Nutritional Comparison Chart Complete Nutrition Beverage for Kids

Nutrients	8 fl oz	PediaSmart®		PediaSure®	PediaSure® NutriPals™	Enfamil Kindercal®	Nutren Junior®	Resource Just for Kids®
		Vanilla	Chocolate					
Energy	cal	237	237	237	150	250	250	355
Protein	g	7	7	7	7	7	8	10
Fat (Lipids)	g	9	9	9	5	11	12	18
Carbohydrate	g	31	31	31	19	32	28	39
L-Carnitine	mg	4	4	4	NS	15	10	6
Taurine	mg	17	17	17	NS	15	20	32
Water	g	171	171	200	NS	200	213	NS
Vitamins								
Vitamin A	IU	380	380	380	400	580	740	711
Vitamin D	IU	120	120	120	120	125	75	109
Vitamin E	IU	5.4	5.4	5.4	6.0	9	7	5.4
Vitamin K1	mcg	14	14	14	16	8	15	9.5
Vitamin C	mg	24	24	24	24	58	25	24
Folic Acid	mcg	71	71	71	80	38	100	88
Thiamin (B1)	mg	0.64	0.64	0.64	0.68	0.40	0.60	0.28
Riboflavin (B2)	mg	0.5	0.5	0.5	0.5	0.5	0.5	0.4
Vitamin B6	mg	0.62	0.62	0.62	0.60	0.5	0.6	0.38
Vitamin B12	mcg	1.4	1.4	1.4	1.5	1.4	1.5	0.57
Niacin	mg	2.4	2.4	2.4	2.0	4.9	5.0	4.5
Choline	mg	71	71	71	NS	63	75	95
Biotin	mcg	45	45	45	45	38	75	36
Pantothenic Acid	mg	2.4	2.4	2.4	2.5	3.1	2.5	2.4
Inositol	mg	19	19	19	NS	20	20	28
Minerals								
Sodium	mg	90	90	90	90	88	115	164
Potassium	mg	310	310	310	310	310	330	309
Chloride	mg	240	240	240	NS	175	270	178
Calcium	mg	230	230	230	250	240	250	309
Phosphorus	mg	200	200	200	200	200	200	235
Magnesium	mg	47	47	47	40	50	50	47
Iodine	mcg	23	23	23	23	30	30	33
Manganese	mg	0.36	0.36	0.36	0.40	0.5	0.4	0.55
Copper	mg	0.24	0.24	0.24	0.20	0.3	0.25	0.26
Zinc	mg	1.4	1.4	1.4	1.5	3	3.8	2.8
Iron	mg	3.3	3.3	3.3	3.6	2.5	3.5	3.3
Chromium	mcg	7.1	7.1	7.1	NS	12.5	7.5	16
Molybdenum	mcg	8.5	8.5	8.5	7.5	12.5	15	14
Selenium	mcg	7.6	7.6	7.6	7.0	7.5	7.5	8.1

NS: Not Stated

PediaSmart® is recommended for children 1 to 13 years of age. PediaSmart® may be used as a sole source of nutrition under the supervision of a healthcare professional. Not intended for children less than 1-year unless directed by a healthcare professional. Not for children with the genetic disorder galactosemia.

PediaSmart® contains 100% or more of the NAS-NRC Dietary Reference Intakes (DRI) for protein, fat, carbohydrate, vitamins and minerals:

- In 1000 milliliters (approximately 33 fl. oz.) for children 1 to 8 years of age.
- In 1500 milliliters (approximately 50 fl. oz.) for children 9 to 13 years of age.

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