

Complete Nutritional Chart- Nutritional Supplements PediaSmart® is a Complete Organic Nutrition Beverage

Nutrients	Units per Serving Size 8 fl oz	PediaSmart® Soy	Bright Beginnings® Soy	PediaSmart® Dairy	PediaSure® (Dairy-based)
Energy	cal	<b>237</b>	240	<b>237</b>	237
Protein	g	<b>7</b>	7	<b>7</b>	7
Fat (Lipids)	g	<b>9</b>	12	<b>9</b>	9
Carbohydrate	g	<b>31</b>	26	<b>31</b>	31
L-Carnitine	mg	<b>4</b>	NS	<b>4</b>	4
Taurine	mg	<b>17</b>	NS	<b>17</b>	17
<b>Vitamins</b>					
Vitamin A	IU	<b>380</b>	500	<b>380</b>	380
Vitamin D	IU	<b>120</b>	200	<b>120</b>	120
Vitamin E	IU	<b>5.4</b>	6.0	<b>5.4</b>	5.4
Vitamin K1	mcg	<b>14</b>	8	<b>14</b>	14
Vitamin C	mg	<b>24</b>	24	<b>24</b>	24
Folic Acid	mcg	<b>71</b>	80	<b>71</b>	71
Thiamine (B1)	mg	<b>0.64</b>	0.60	<b>0.64</b>	0.64
Riboflavin (B2)	mg	<b>0.5</b>	0.5	<b>0.5</b>	0.5
Vitamin B6	mg	<b>0.62</b>	0.60	<b>0.62</b>	0.62
Vitamin B12	mcg	<b>1.4</b>	1.5	<b>1.4</b>	1.4
Niacin	mg	<b>2.4</b>	4.0	<b>2.4</b>	2.4
Choline	mg	<b>71</b>	82.5	<b>71</b>	71
Biotin	mcg	<b>45</b>	75	<b>45</b>	45
Pantothenic Acid	mg	<b>2.4</b>	2.5	<b>2.4</b>	2.4
Inositol	mg	<b>38</b>	NS	<b>19</b>	19
<b>Minerals</b>					
Sodium	mg	<b>90</b>	90	<b>90</b>	90
Potassium	mg	<b>310</b>	370	<b>310</b>	310
Chloride	mg	<b>240</b>	272	<b>240</b>	240
Calcium	mg	<b>230</b>	250	<b>230</b>	230
Phosphorus	mg	<b>190</b>	200	<b>190</b>	200
Magnesium	mg	<b>47</b>	40	<b>47</b>	47
Iodine	mcg	<b>23</b>	22.5	<b>23</b>	23
Manganese	mg	<b>0.36</b>	0.80	<b>0.36</b>	0.36
Copper	mg	<b>0.24</b>	0.20	<b>0.24</b>	0.24
Zinc	mg	<b>1.4</b>	3.0	<b>1.4</b>	1.4
Iron	mg	<b>3.3</b>	3.6	<b>3.3</b>	3.3
Chromium	mcg	<b>12.4</b>	12.0	<b>7.1</b>	7.1
Molybdenum	mcg	<b>19.2</b>	11.25	<b>8.5</b>	8.5
Selenium	mcg	<b>7.6</b>	7.0	<b>7.6</b>	7.6

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

- For children 1 to 8 years: 1000 milliliters  
Approximately 33 fl oz
- For children 9 to 13 years: 1500 milliliters  
Approximately 50 fl oz

NS = Not Stated on Label

NA = Not Applicable

PediaSmart is a registered trademark of Nature's One, Inc.

PediaSure® is a registered trademark of Abbott Laboratories.

Bright Beginnings® is a registered trademark of PBM Products LLC

\*Bright Beginnings® vitamin and mineral data are calculated based on % of DV as shown on the product label.