

	Per 100 mL	Per 235 mL
<b>ENERGY</b>		
Kilojoules	419	984
Calories	100	235
PROTEIN (g)	3.0	7.1
% of total energy	12.2%	
Source	Sodium caseinate, whey protein concentrate	
FAT (g)	5.0	11.7
Linoleic acid (g)	0.8	1.9
Linolenic acid (g)	0.09	0.21
Omega 6:Omega 3 ratio	10:1	
% of total energy	44.8%	
Source	High oleic safflower or high oleic sunflower oil, soy oil, MCT oil, monoglycerides, soy lecithin	
MCT oil (% of total fat)	19.6%	
CARBOHYDRATE (g)	11	26
% of total energy	43.0%	
Dietary fibre (g)	0.5	1.1
Source	Corn maltodextrin, sucrose, soy polysaccharide	

<b>VITAMINS</b>		
Vitamin A (RE/IU)	78/259	183/608
Vitamin D <sub>3</sub> (mcg/IU)	0.8/32.0	1.88/75.2
Vitamin E (IU)	3.5	8.2
Vitamin K <sub>1</sub> (mg)	0.003	0.008
Vitamin C (mg)	10.2	24.0
Thiamine (Vit B <sub>1</sub> ) (mg)	0.27	0.64
Riboflavin (Vit B <sub>2</sub> ) (mg)	0.21	0.50
Niacin (mg)	1.7	4.0
Vitamin B <sub>6</sub> (mg)	0.26	0.62
Vitamin B <sub>12</sub> (mg)	0.0006	0.0014
Folic acid (mg)	0.037	0.088
Pantothenic acid (mg)	1.0	2.40
Biotin (mg)	0.032	0.076
Choline (mg)	30.0	70.5

<b>MINERALS</b>		
Calcium (mg)	97	228
Phosphorus (mg)	80	188
Magnesium (mg)	19.8	46.5
Iron (mg)	1.4	3.3
Zinc (mg)	1.2	2.8
Copper (mg)	0.10	0.24
Iodine (mg)	0.0097	0.0230
Manganese (mg)	0.25	0.59
Selenium (mg)	0.0023	0.0054
Chromium (mg)	0.0030	0.0071
Molybdenum (mg)	0.0036	0.0084
Sodium (mg)	37	87
Potassium (mg)	130	306
Chloride (mg)	101	238

<b>OSMOTIC CHARACTERISTICS</b>		
Renal solute load (mOsm/L)	275	
Osmolality (mOsm/kg water)	345	
Osmolarity (mOsm/L)	289	
% of water	81.2%	
Cal:N Ratio	211:1	
NPC:N Ratio	185:1	

<b>FATTY ACIDS</b>		
Polyunsaturated (g)	1.22	2.87
Monounsaturated (g)	2.18	5.12
Saturated (g)	1.35	3.17
Cholesterol (mg)	1.9	4.5

<b>AMINO ACIDS (mg)</b>		
Histidine	80	188
Isoleucine	158	371
Leucine	278	653
Lysine	227	533
Tryptophan	35	82
Phenylalanine	137	322
Threonine	121	284
Valine	195	458
Methionine	81	190
Cystine	19	45
Taurine	7.2	17
Carnitine	1.7	4.0

**INGREDIENTS**

(MKD) Water, corn maltodextrin, sucrose, sodium caseinate, high oleic safflower oil or high oleic sunflower oil, soy oil, medium chain triglycerides (modified coconut oil and/or palm kernel oil), whey protein concentrate, soy polysaccharide, calcium phosphate, natural and artificial flavour, potassium citrate, magnesium chloride, potassium phosphate, potassium chloride, mono- and diglycerides, soy lecithin, choline chloride, carrageenan, ascorbic acid, taurine, *dl*- $\alpha$ -tocopheryl acetate, ferrous sulphate, zinc sulphate, niacinamide, L-carnitine, calcium pantothenate, manganese sulphate, citric acid, thiamine hydrochloride, pyridoxine hydrochloride, riboflavin, cupric sulphate, vitamin A palmitate, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, phyloquinone, cyanocobalamin, vitamin D<sub>3</sub>. May contain sodium citrate and potassium hydroxide.

Values listed are subject to change. Please refer to the product label or packaging for the most current ingredient, allergen and nutrient profile information.

**PEDIASURE® FIBRE**  
**SOLE-SOURCE NUTRITION FOR CHILDREN**  
**1 TO 10 YEARS OF AGE**

