

Nutritional Comparison Chart- Breakfast Drinks PediaSmart® is a Complete Organic Nutrition Beverage

Nutrients	Serving Size in Units per 100 kcal	PediaSmart®		PediaSure® NutriPals™		Carnation® Instant Breakfast*		Ovaltine® Rich Chocolate	
		8 fl oz (240ml)	% DV	8 fl oz (240ml)	% DV	Note: 1 packet Classic French Vanilla	% DV	Note: 1 serving (4 Tbsp) powder	% DV
Energy	cal	237	NA	150	NA	130	NA	80	NA
Protein	g	7	14%	7	14%	5	10%	<1	NS
Fat (Lipids)	g	9	14%	5	8%	0	NA	0	0%
Carbohydrate	g	31	10%	19	6%	27	9%	19	6%
L-Carnitine	mg	4	NA	NS	NA	0	NA	0	NA
Taurine	mg	17	NA	NS	NA	0	NA	0	NA
Water	g	171	NA	NS	NA	NS	NA	NS	NA
Vitamins									
Vitamin A	IU	380	8%	400	8%	1748	35%	500	10%
Vitamin D	IU	120	30%	120	30%	0	0%	0	0%
Vitamin E	IU	5.4	20%	6.0	20%	7.5	25%	NS	40%
Vitamin K1	mcg	14	20%	16	20%	20	25%	NS	NS
Vitamin C	mg	24	40%	24	40%	27	45%	9	15%
Folic Acid	mcg	71	20%	80	20%	80	20%	NS	NS
Thiamin (B1)	mg	0.64	40%	0.68	45%	0.30	20%	0.23	15%
Riboflavin (B2)	mg	0.5	30%	0.5	30%	0.14	8%	0	0%
Vitamin B6	mg	0.62	30%	0.60	30%	0.40	20%	NS	15%
Vitamin B12	mcg	1.4	25%	1.5	25%	0.59	10%	NS	6%
Niacin	mg	2.4	10%	2.0	10%	5.0	25%	4	20%
Choline	mg	71	15%	NS	NS	NS	NS	NS	NS
Biotin	mcg	45	15%	45	15%	75	25%	NS	30%
Pantothenic Acid	mg	2.4	25%	2.5	25%	2	20%	NS	15%
Inositol	mg	19	NA	NS	NA	NS	NA	NS	NA
Minerals									
Sodium	mg	90	4%	90	4%	100	4%	140	6%
Potassium	mg	310	9%	310	8%	240	7%	120	NS
Chloride	mg	240	8%	NS	NS	NS	NS	NS	NS
Calcium	mg	230	25%	250	25%	250	25%	40	4%
Phosphorus	mg	200	20%	200	20%	250	25%	NS	4%
Magnesium	mg	47	10%	40	10%	80	20%	NS	15%
Iodine	mcg	23	15%	23	15%	3	2%	NS	NS
Manganese	mg	0.36	20%	0.40	20%	0.5	25%	NS	NS
Copper	mg	0.24	10%	0.20	10%	0.5	25%	NS	20%
Zinc	mg	1.4	10%	1.5	10%	3	20%	NS	15%
Iron	mg	3.3	20%	3.6	20%	4.5	25%	3.6	20%
Chromium	mcg	7.1	6%	NS	NS	NS	NS	NS	NS
Molybdenum	mcg	8.5	10%	7.5	10%	NS	NS	NS	NS
Selenium	mcg	7.6	10%	7.0	10%	NS	NS	NS	NS

* Nutrient levels and % of daily values are based on reconstitution with water.

NS = Not Stated on Label
NA = Not Applicable

PediaSmart is a registered trademark of Nature's One, Inc. NutraPals is a registered trademark of Abbott Laboratories. Carnation Instant Breakfast and Ovaltine are registered trademarks of the Société des Produits Nestlé S.A., Vevey, Switzerland.