

Nutritional Comparison Chart

PediaSmart® Complete Nutrition Beverage for Kids

Nutrients	Serving Size in Units per 100 kcal	PediaSmart®		PediaSure®		Boost® Kid Essentials	
		8 fl oz (240ml)	% DV	8 fl oz (240ml)	% DV	Note Serving Size 8.25 fl oz (248ml)	% DV
Energy	cal	237	NA	237	NA	244	NA
Protein	g	7	14%	7	14%	7.3	14%
Fat (Lipids)	g	9	14%	9	14%	9.3	14%
Carbohydrate	g	31	10%	31	10%	33	11%
L-Carnitine	mg	4	NA	4	NA	4.1	NA
Taurine	mg	17	NA	17	NA	22	NA
Water	g	171	NA	200	NA	NS	NA
<b>Vitamins</b>							
Vitamin A	IU	380	8%	380	8%	670	15%
Vitamin D	IU	120	30%	120	30%	150	40%
Vitamin E	IU	5.4	20%	5.4	20%	7.7	25%
Vitamin K1	mcg	14	20%	14	20%	9.8	10%
Vitamin C	mg	24	40%	24	40%	31	50%
Folic Acid	mcg	71	20%	71	20%	100	25%
Thiamin (B1)	mg	0.64	40%	0.64	40%	0.66	45%
Riboflavin (B2)	mg	0.5	30%	0.5	30%	0.51	30%
Vitamin B6	mg	0.62	30%	0.62	30%	0.64	30%
Vitamin B12	mcg	1.4	25%	1.4	25%	1.4	25%
Niacin	mg	2.4	10%	2.4	10%	4.1	20%
Choline	mg	71	15%	71	15%	100	NS
Biotin	mcg	45	15%	45	15%	78	25%
Pantothenic Acid	mg	2.4	25%	2.4	25%	2.5	25%
Inositol	mg	19	NA	19	NA	20	NA
<b>Minerals</b>							
Sodium	mg	90	4%	90	4%	160	7%
Potassium	mg	310	9%	310	9%	270	8%
Chloride	mg	240	8%	240	8%	150	4%
Calcium	mg	230	25%	230	25%	290	30%
Phosphorus	mg	200	20%	200	20%	220	20%
Magnesium	mg	47	10%	47	10%	48	10%
Iodine	mcg	23	15%	23	15%	29	20%
Manganese	mg	0.36	20%	0.36	20%	0.48	25%
Copper	mg	0.24	10%	0.24	10%	0.25	10%
Zinc	mg	1.4	10%	1.4	10%	2.9	20%
Iron	mg	3.3	20%	3.3	20%	3.4	20%
Chromium	mcg	7.1	6%	7.1	6%	15	15%
Molybdenum	mcg	8.5	10%	8.5	10%	11	15%
Selenium	mcg	7.6	10%	7.6	10%	10	15%

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:

- 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. Boost Kid Essentials is a registered trademarks of the Société des Produits Nestlé S.A., Vevey, Switzerland.