

Actual volumes of formula required are a function of a child's weight, age, and other variables and should be determined by a Registered Dietitian or the child's primary care provider. Nutritional requirements for children are not solely based upon age and nutrient goals must be calculated accordingly.

NUTRIENTS	12 oz Per Serving (341g/340-355mL*)		2 - pouches 24oz (682g/680-710mL*)		3 - pouches 36oz (1023g/1020-1065mL*)	
	VALUE	%DRI**	VALUE	%DRI**	VALUE	%DRI**
Nutrient Density, kcal/mL	1.1		1.1		1.1	
Protein, % kcal	14		14		14	
Carbohydrate, % kcal	47		47		47	
Fat, % kcal	39		39		39	
Protein, g	14		28		42	
Carbohydrate, g	50		100		150	
Dietary fiber, g	7		14		21	
Soluble Fiber, g	1		2		3	
Insoluble Fiber, g	6		12		18	
Fat, g	17		34		51	
Calories	400		800		1200	
Osmolality mOsm/kg H2O: 553						
Water, g/mL/cc	258.82		517.64		776.46	
Water by Volume: 72.9%						
Water by Weight: 76%						
VITAMINS						
Vitamin A, RAEs (from Mixed Carotenoids)	166	53.3%	332	110.6%	498	165.9%
Vitamin D, IU	200	33.3%	400	66.6%	600	99.9%
Vitamin E, mg	2.41	40.2%	4.82	80.4%	7.23	120.6%
Vitamin K, mcg	68.21	227%	136.41	454%	204.62	672%
Vitamin C, mg	8.3	55.3%	16.60	110.6%	24.90	165.9%
Folate, mcg	39	26%	78	52%	117	78%
Vitamin B1 - Thiamin, mg	2.59	520%	5.18	1040%	7.77	1560%
Vitamin B2 - Riboflavin, mg	0.2	40%	0.41	80%	0.61	120%
Vitamin B3 - Niacin, mg	2.68	45%	5.36	90%	8.04	135%
Vitamin B5 - Pantothenic Acid, mg	1.23	61.5%	2.46	123%	3.68	184.5%
Vitamin B6 - mg	0.22	44%	0.44	88%	0.66	132%
Vitamin B12 - mcg	0.4	44.4%	0.80	88.8%	1.20	133.2%
Choline, mg	83.33	42%	166.66	84%	249.99	126%
Biotin, mcg	4	50%	8.00	100%	12.00	150%
MINERALS						
Sodium, mg	390	39%	780	78%	1170	117%
Sodium, mEq	16.95	-	33.9	-	50.85	-
Potassium, mg	583.93	20%	1167.86	40%	1751.79	60%
Potassium, mEq	14.97	-	29.94	-	44.91	-
Chloride, mg	784.3	52.3%	1568.60	104.6%	2352.90	156.9%
Chloride, mEq	22.14	-	44.28	-	66.42	-
Calcium, mg	381.92	54.6%	763.84	109.2%	1145.76	163.8%
Phosphorus, mg	166.66	36.3%	333.32	72.6%	499.98	108.9%
Magnesium, mg	116.62	146%	233.24	292%	349.87	438%
Iodine, mcg	53.09	58.9%	106.18	118%	159.27	176.7%
Manganese, mg	1.98	165%	3.96	330%	5.93	495%
Copper, mg	0.15	43.2%	0.29	86.4%	0.44	129.6%
Zinc, mg	1.67	56.7%	3.33	113.4%	5.00	170.1%
Iron, mg	3.48	50%	6.96	100%	10.43	150%
Selenium, mcg	9.98	50%	19.96	100%	29.94	150%
Chromium, mcg	5	45.5%	10.00	90.1%	15.00	136.5%
Molybdenum, mcg	115	676%	230.00	1352%	345.00	2028%
POLYUNSATURATED FAT						
Omega-3 Fatty Acid, g	0.49		0.98		1.47	
Omega-6 Fatty Acid, g	1.45		2.9		4.35	

Special Notes:
*mL range is given due to the volume being effected by viscosity, altitude and temperature. For the most accurate measurements please use the grams listed. All nutritional information contained herein is calculated using a 341/per pouch gram weight measurement.

**The DRI percentages are based off the Institute of Medicine's Dietary Reference Intakes for children ages 4-8 years of age.

Nourish undergoes regular nutritional analysis and lab testing. However, as with any real food product, variations in the nutrient levels can vary depending on the time of year, soil, and weather conditions. Although we do our best to provide you with the most accurate nutritional information possible, if you have a medical condition that requires you to be precise with specific nutrient levels, please discuss the use of this product with your medical team.

ROBIN GENTRY MCGEE'S

functional formularies®
 let food be thy medicine

nourish®
 ORGANIC WHOLE FOODS MEAL REPLACEMENT

• optimized for pediatrics •



NOURISH:

The world's first shelf-stable, organic, and whole foods feeding tube formula and meal replacement designed with the nutrition needs for children in mind.

- [Nourish meets all food safety requirements and meets all GRAS, HACCP, and CGMP standards. Nourish is produced in an FDA/USDA registered facility with a USDA inspector on site. SID#: 2016-0106/001](#)
- [MEDICARE/MEDICAID APPROVED](#)
- Formulated for tube feeding or oral feedings
- For supplemental or sole source nutrition
- Whole foods, complete nutrition (1.1 kcal/mL) formulated to meet or exceed 100% of the DRI for protein for children 1 to 13 years of age
- Designed to meet or exceed 100% of the DRI for 26 key vitamins and minerals in three 12-ounce pouches per day*
- Contains 7 grams of naturally occurring dietary fiber per 12-ounce pouch 341g
- **Gluten Free** (produced in a facility where gluten is used)
- **Nut & Tree Nut Free** (produced in a facility where tree nuts are used)
- **Dairy Free**
- **Soy Free**
- **Corn Free**
- **USDA Certified Organic**
- **100% GMO Free**
- **BPA-Free Packaging**
- **Plant-Based**
- Safe to use for people with lactose intolerance

ORDERING INFO:

CASES	PRODUCT CODE	PACKAGING
Nourish	NWS124	24 - 12oz(341g) pouches/case

SAFETY PRECAUTIONS:

NOT FOR PARENTERAL USE

Not intended to diagnose, treat, cure, or prevent disease. Not intended for infants under one year of age unless specified by a physician or Registered Dietitian. Please check with your healthcare provider before beginning the use of Nourish.

INGREDIENTS:

water, organic garbanzo beans, organic green peas, organic whole grain brown rice, organic carrots, organic extra virgin olive oil, organic sprouted quinoa, organic whole grain brown rice protein, organic sweet potato, vitamin blend [Calcium Citrate, Sodium Chloride, Potassium Chloride, Potassium Phosphate, Acerola Extract, Choline Bitartrate, Magnesium Glycinate, Mixed Tocopherols, Zinc Gluconate, Folic Acid, Cholecalciferol, Niacinamide, Calcium D-Pantothenate, Copper Amino Acid Chelate, Biotin, Pyridoxine Hydrochloride, Riboflavin, Chromium Picolinate, Methylcobalamin], organic broccoli, organic kale, organic flax oil, organic turmeric, organic ginger, organic seaweed.

*Three pouches of Nourish a day meets 100% of the DRI for 26 key vitamins and minerals for children ages 4-8 years old. Nourish may be appropriate for individuals of other ages under medical supervision.

NUTRITIONAL INFORMATION:

kcal/mL: 1.1
Caloric Distribution (% of kcal)
Protein: 14%
Fat: 39%
Carbohydrate: 47%

Protein Content/Source: 14 g/341g
 Organic whole grain brown rice protein, organic green peas, organic garbanzo beans, organic brown rice, organic sprouted quinoa

NPC:N Ratio: 152:1

Omega-6 to Omega-3 Ratio: 3:1

Osmolality mOsm/kg H2O: 553

Water: 76%

Meets 100% of the DRI for 26 key vitamins and minerals: three 12-ounce pouches*

Fiber Content/Source: 7 g/341g
 Organic green peas, organic garbanzo beans, organic whole grain brown rice, organic carrots, organic sprouted quinoa

HCPCS Code: B4149

Insurance Data Bank & Billing Code: 57858-0004-12**

Viscosity: Nectar-like at room temperature

USER GUIDE :

- Please check with your medical team for an appropriate transition regimen if switching from a commercial enteral formula to Nourish. You may need to transition slowly over the course of 7-10 days to allow the body time to adapt to differences in the formulas.
- Nourish has a 12 hour ambient room temperature hang time.
- Store unopened formula at room temperature for up to 2 years.
- Once opened, the formula can be refrigerated in a sealed container and used within 48 hours.
- Water may be added. If adding water or any liquid, it must be reblended with the product to emulsify in order to prevent separation.
- The formula can be eaten orally. Many enjoy it when heated on the stove and eaten as a soup, or when mixed with fruit and ice to create a smoothie.

*Three pouches of Nourish a day meets 100% of the DRI for 26 key vitamins and minerals for children ages 4-8 years old. Nourish may be appropriate for individuals of other ages under medical supervision.

** Medicare, Medicaid and health insurers may ask you to provide a National Drug Code / NDC number for insurance claims, billing or reimbursement purposes. Because our products are whole foods and do not constitute "drugs", we have an Insurance Data Bank and Billing Code that you should use when asked for an NDC number for our products.