

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/355mL*)		2 - pouches 24oz (682g/710mL*)		3 - pouches 36oz (1023g/1065mL*)	
	VALUE	%DRI**	VALUE	%DRI**	VALUE	%DRI**
Caloric Density, kcal/mL	1.13		1.13		1.13	
Calories	400		800		1200	
Protein, % kcal	14		14		14	
Protein, g	14		28		42	
Carbohydrate, % kcal	50		50		50	
Carbohydrate, g	50		100		150	
Fat, % kcal	36		36		36	
Fat, g	17		34		51	
Dietary fiber, g	7		14		21	
Soluble Fiber, g	1		2		3	
Insoluble Fiber, g	6		12		18	
Osmolality mOsm/kg H2O:	553		553		553	
Water, g/mL/cc	242		484		726	
<b>VITAMINS</b>						
Vitamin A, RAEs (mixed carotenoids) mcg	663	166%	1326	332%	1989	498%
Vitamin B1, Thiamin, mg	0.23	38%	0.46	76%	0.69	114%
Vitamin B2, Riboflavin, mg	0.29	48%	0.58	96%	0.87	144%
Vitamin B3, Niacin, mg	3.34	42%	6.68	84%	10.02	126%
Vitamin B5, Pantothenic Acid, mg	1.41	47%	2.82	94%	4.23	141%
Vitamin B6, mg	0.35	58%	0.7	116%	1.05	174%
Vitamin B12, mcg	0.4	33%	0.8	66%	1.2	100%
Vitamin C, mg	39	156%	78	312%	117	468%
Vitamin D, IU	200	33%	400	66%	600	100%
Vitamin E, Mixed Tocopherols, IU	5.8	55.7%	11.6	111.4%	17.4	167.1%
Folate, mcg	121.3	61%	242.6	122%	363.9	183%
Vitamin K, mcg	48	87%	96	174%	144	261%
Biotin, mcg	5.7	48%	11.4	96%	17.1	144%
Choline, mg	109	43.6%	218	87.2%	327	130.8%
<b>MINERALS</b>						
Calcium, mg	340	34%	680	68%	1020	102%
Chromium, mcg	5.58	37.2%	11.16	74.4%	16.74	111.6%
Copper, mg	0.32	72.7%	.64	145.4%	.96	218.1%
Iodine, mcg	53	58.5%	106	117%	159	175.5%
Iron, mg	5.4	54%	10.8	108%	16.2	162%
Manganese, mg	1.83	122%	3.66	244%	5.49	366%
Magnesium, mg	122.3	94.1%	244.6	188.2%	366.9	282.3%
Phosphorus, mg	383.5	76.7%	767	153.4%	1150.5	230.1%
Potassium, mg	770	34.3%	1540	68.6%	2310	102.9%
Selenium, mcg	10	33%	20	66%	30	100%
Sodium, mg	390	39%	780	78%	1170	117%
Zinc, mg	2.77	55%	5.54	110%	8.31	165%
<b>POLYUNSATURATED FAT</b>						
Omega-3 Fatty Acid, mg	440		880		1320	
Omega-6 Fatty Acid, mg	940		1880		2820	

Special Notes:  
\*ML range is give due to the volume being effected by viscosity, altitude and temperature. For the most accurate measurments 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.



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**NOURISH®**

ORGANIC WHOLE FOODS MEAL REPLACEMENT

EST. 2006

**ORIGINAL FORMULA**

COMPLETE PLANT BASED NUTRITION



TREE NUT FREE • GLUTEN FREE • DAIRY FREE • SOY FREE  
CORN FREE • NO ADDED SUGAR • NON GMO • BPA FREE



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## 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
- Meets 100% of the DRI for 26 key vitamins and minerals (three 341g pouches)\*
- Whole foods, complete nutrition (1.13 kcal/mL) formulated to meet or exceed 100% of the DRI for protein for children 1 to 13 years of age
- Contains 7 grams of naturally occurring dietary fiber per 341g pouch
- 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:

filtered water, organic garbanzo beans, organic green peas, organic whole grain brown rice, organic carrots, organic extra virgin olive oil, organic sprouted quinoa, organic pea protein, organic sweet potato, organic broccoli, vitamin blend [Calcium Citrate, Sodium Chloride, Potassium Chloride, Potassium Phosphate, Choline Bitartrate, Magnesium Glycinate, Mixed Tocopherols(E), Potassium Citrate, Zinc Gluconate, Potassium Iodide, Sodium Selenite, Cholecalciferol (D3), Niacinamide(B3), Calcium D-Pantothenate(B5), Biotin, Pyridoxine Hydrochloride(B6), Riboflavin(B2), Chromium Picolinate, Methylcobalamin(B12)], organic kale, organic acerola powder, organic flax oil, organic turmeric, organic ginger.

\*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: 1.13

Caloric Distribution (% of kcal)

Protein: 14%

Fat: 36%

Carbohydrate: 50%

Protein Content/Source: 14g/341g

Organic pea protein, organic whole grain brown rice, organic garbanzo beans, organic green peas, organic sprouted quinoa

NPC:N Ratio: 154:1

Omega-6 to Omega-3 Ratio: 2.1:1

Osmolality mOsm/kg H2O: 553

Water: 242g

Meets 100% of the DRI for 26 key vitamins and minerals: three 341g pouches\*

Fiber Content/Source: 7g/341g

Organic garbanzo beans, organic green peas, organic carrots, organic whole grain brown rice, organic sprouted quinoa, organic pea protein, organic broccoli, organic sweet potato

HCPCS Code: B4149

Insurance Data Bank & Billing Codes/NDC Code\*\*:

- MediSpan: 57858-00412
- First Databank: 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.

\*\* 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.