

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**
Nutrient Density, kcal/mL	1.1		1.1		1.1	
Calories	400		800		1200	
Protein, % kcal	14		14		14	
Protein, g	14		28		42	
Carbohydrate, % kcal	47		47		47	
Carbohydrate, g	50		100		150	
Fat, % kcal	39		39		39	
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						
Water, g/mL/ccc	258.82		517.64		776.46	
Water by Volume: 72.9%						
Water by Weight: 76%						
VITAMINS						
Vitamin A, RAEs (mixed carotenoids)	331	82.8%	662	165.5%	993	248.4%
Vitamin B1, Thiamin, mg	0.23	38.3%	0.46	76.6%	0.69	115%
Vitamin B2, Riboflavin, mg	0.28	46.7%	0.56	93.3%	0.84	140%
Vitamin B3, Niacin, mg	3.27	40.9%	6.54	81.8%	9.81	123%
Vitamin B5, Pantothenic Acid, mg	1.27	42.3%	2.54	84.6%	3.81	126.9%
Vitamin B6, mg	0.35	58.3%	0.7	116.7%	1.05	175%
Vitamin B12, mcg	0.4	33%	0.8	67%	1.2	100%
Vitamin C, mg / Ascorbic acid	38.9	156%	77.8	311%	116.7	467%
Vitamin D, mcg	5	25%	10	50%	15	75%
Vitamin E, mg (mixed tocopherols)	4.89	70%	9.78	140%	14.67	210%
Folate, mcg	121.3	60.7%	242.6	121.3%	363.9	182%
Vitamin K, mcg	48	87%	96	174%	144	261%
Biotin, mcg	5.67	NOT EST.	11.34	NOT EST.	17.01	NOT EST.
Choline, mg	107.6	NOT EST.	215.2	NOT EST.	322.8	NOT EST.
MINERALS						
Calcium, mg	382	30%	764	60%	1146	90%
Chloride, mg	784	42%	1568	83%	2352	124%
Chloride mEq	22.1	NOT EST.	44.2	NOT EST.	66.3	NOT EST.
Chromium, mcg	5.0	33%	10.0	67%	15.0	100%
Copper, mg	0.9	205%	1.8	410%	2.7	615%
Iodine, mcg	53.3	59.2%	106.6	118.4%	159.9	177.6%
Iron, mg	3.5	20%	7.0	40%	10.5	60%
Manganese, mg	1.83	122%	3.66	244%	5.49	366%
Magnesium, mg	121.4	93.4%	242.8	186.8%	364.2	280%
Molybdenum, mcg	36	164%	72	327%	108	491%
Phosphorus, mg	383.5	76.7%	767	153.4%	1150.5	230.1%
Potassium, mg	584	10%	1168	20%	1752	30%
Potassium mEq	15	NOT EST.	29.9	NOT EST.	44.9	NOT EST.
Selenium, mcg	3.3	11%	6.6	22%	9.9	33%
Sodium, mg	348	34.8%	696	69.6%	1044	104.4%
Sodium mEq	15.1	NOT EST.	30.3	NOT EST.	45.4	NOT EST.
Zinc, mg	2.71	54.2%	5.42	108.4%	8.13	162.6%
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 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

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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 (1.1 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:

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, Acerola Extract, Sodium Chloride, Potassium Chloride, Potassium Phosphate, Choline Bitartrate, Magnesium Glycinate, Mixed Tocopherols, Zinc Gluconate, Potassium Iodide, 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.

*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.



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NUTRITIONAL INFORMATION:

kcal/mL: 1.1

Caloric Distribution (% of kcal)

Protein: 14%

Fat: 39%

Carbohydrate: 47%

Protein Content/Source: 14g/341g

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

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 341g pouches*

Fiber Content/Source: 7g/341g

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

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.