

### **CONCERNED ABOUT YOUR CHILD'S NUTRITION?**†

PediaSure® provides complete, balanced nutrition.



# NOW ALSO AVAILABLE WITH 33% LESS SUGAR!

#### Try it!

- Complete, Balanced
   Nutrition® to help fill gaps
   in your child's nutrition
- Vitamins and minerals
- Kid-approved taste



#### **SIGN UP FOR:**

s 50 s in valuable discounts





#### **2 EASY WAYS**







Visit **pediasureclub.ca** 







## GOOD NUTRITION CAN HELP SUPPORT CHILDREN'S IMMUNE SYSTEM



## 3 simple ways to complement their nutrition:

1 As a snack



2 In a recipe



3 With meals







Twice as much vitamin D as 1 cup of milk<sup>1</sup>

Vitamin D is important for calcium absorption and bone strength, and supports the immune system



As much vitamin C as 3 strawberries

Vitamin C protects against free radicals that can damage immune cells



As much zinc as  $\frac{1}{2}$  cup of lentils

Zinc helps maintain white blood cells that lead the body's immune defense



As much vitamin A as 1 cup of spinach

vitamin A is essential in maintaining physical barriers to infection (e.g., skin, linings of the nose, mouth, and intestines)

Comparison of selected nutrients for reference purpose only and should not be interpreted as a full comparison of PediaSure Complete® with the above-mentioned foods. PediaSure Complete® products are nutritional supplements intended for use as a complementary food.



