



**functional formularies**<sup>®</sup>  
— LET FOOD BE THY MEDICINE<sup>®</sup> —

# NOURISH<sup>®</sup>

ORGANIC WHOLE FOODS MEAL REPLACEMENT

EST. 2006

## ORIGINAL FORMULA

COMPLETE PLANT BASED NUTRITION



OPTIMIZED FOR CHILDREN 4-8 YEARS OLD

.....  
TREE NUT FREE • GLUTEN FREE • DAIRY FREE • SOY FREE • CORN FREE  
NON GMO • BPA FREE PACKAGING • NO ADDED SUGAR\*  
.....

\*NOT A LOW CALORIE FOOD

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# functional formularies®

— LET FOOD BE THY MEDICINE® —

## NOURISH:

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

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- 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
  - Formulated for tube feeding or oral feedings
  - For supplemental or sole source nutrition
  - Whole foods, complete nutrition (1.13 kcal/mL)
  - Three (3) pouches of Nourish a day meets or exceeds 100% of the DRI for 26 key vitamins and minerals for children ages 4-8 years old\*
  - Use under medical supervision
  - Contains 7 grams of naturally occurring dietary fiber per 341g pouch
  - Gluten Free
  - Dairy Free
  - Soy Free
  - Corn Free
  - Tree Nut Free
  - USDA Certified Organic
  - 100% GMO Free
  - BPA-Free Packaging
  - Plant-Based
  - Safe to use for people with lactose intolerance

## ORDERING INFO:

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| 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:

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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, vitamin blend [Calcium Citrate, Potassium Chloride, Sodium Chloride, Potassium Phosphate, Choline Bitartrate, Magnesium Glycinate, Mixed Tocopherols(E), Zinc Gluconate, Cholecalciferol(D3), Calcium D-Pantothenate(B5), Niacinamide(B3), Biotin, Sodium Selenite, Potassium Iodide, Thiamine Mononitrate(B1), 5-Methyltetrahydrofolate, Calcium Salt, Pyridoxine Hydrochloride(B6), Riboflavin(B2), Methylcobalamin(B12), Chromium Picolinate], organic sweet potato, organic broccoli, organic kale, organic acerola powder, organic flax oil, organic turmeric, organic ginger

\*Nourish may be appropriate for individuals of other ages under medical supervision.



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## NUTRITIONAL INFORMATION:

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**kcal/mL:** 1.13

**Caloric Distribution** (% of kcal)

**Protein:** 14%

**Fat:** 36%

**Carbohydrate:** 50%

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**Protein Content/Source:** 14g/341g

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

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**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

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**NPC:N Ratio:** 154:1

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

**Osmolality mOsm/kg H<sub>2</sub>O:** 553

**Water:** 242g

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

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**HCPCS Code:** B4149

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

- **MediSpan:** 57858-00412
  - **First Databank:** 57858-0004-12
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**Viscosity:** Nectar-like at room temperature

## USER GUIDE :

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- 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.

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<br>(341g/355mL*) |        | 2 - pouches 24oz<br>(682g/710mL*) |        | 3 - pouches 36oz<br>(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                               | 4.2                                | 42%    | 8.4                               | 84%    | 12.6                                | 126%   |
| 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 given due to the volume being affected 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.