



Else Nutrition

plant-powered nutrition

Product Guide
June 2023



A young child with short brown hair is smiling broadly at the camera. They are wearing an orange jumpsuit with a black turtleneck and black suspenders. On the left chest of the jumpsuit is a circular patch with a blue border and the word "STAR" in white. On the right chest is a rectangular patch with a yellow border and the word "COMMANDER" above a stylized eagle logo. The child is standing against a solid teal background.

Who is ELSE?

Our mission is a simple one – to create real, plant-based alternatives for parents who want a cleaner, more sustainable way to nourish their children.

WE ARE ELSE. We are a globally patented, plant-based alternative to dairy- and soy-based formulas and nutrition products. Else is made using the cleanest production process we could and with 3 core whole plant ingredients you can actually pronounce: almonds, buckwheat, and tapioca.

We're different than anything else out there, meeting the highest standards for nutrition and parents with a clean label. Else is endorsed by Pediatricians and Nutritionists alike.

But why flip the script on everything we've come to expect from pediatric nutrition? Because we've stood where today's parents are standing. And we demanded something different, too.

It's more than nutrition. It's truly something else.

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else Baby Products



Else Baby Super Cereals

Description

Product Overview

Plant-powered super cereal designed to provide a unique combination of gluten-free carbohydrates, balanced fat profile, complete protein (with all 9 essential amino acids), and 20+ essential vitamins and minerals for growing babies' needs. Suitable for ages 6+ months. Made with real whole plant ingredients: buckwheat, almond butter, and cassava (tapioca). Available in Original, Vanilla, Mango, and Banana.

Nutritional Applications

- Supplemental cereal for ages 6+ months*
- Minimizing exposure to heavy metal contaminants during complementary feeding[†]
- Early allergen introduction (almond butter)[‡]

*Not intended for use as a thickening agent unless directed by a healthcare professional

[†]Contains 1.8g almond butter (~0.45g almond protein) per serving. Allergen introduction dose should be determined by a healthcare professional on an individualized basis.

[‡]Bair EC. *Front Nutr.* 2022;9:919913.

[‡]Greer FR, et al. *Pediatrics*. 2019;143(4):e20190281.

Features

- Below thresholds set by Clean Label Project for over 400 impurities, including heavy metals, plasticizers, & pesticides[§]
- Minimally processed ingredients
- Suitable for the following diets: *Vegan, Kosher, Halal*
- Made without most common allergens: *Wheat, Soy, Dairy, Egg, Fish, Peanuts/Peas*
- Free of: *Rice Syrup, Corn Syrup, Gums, Fillers, GMOs*

[§]Required testing for Clean Label Project Purity Award® (<https://www.cleanlabelproject.org>)

Product Specifications

	Original	Vanilla	Mango	Banana
Plant-based Protein Sources			Buckwheat; Almond Butter	
Fat Sources			Almond Butter, Rapeseed Oil	
Carbohydrate Sources	Buckwheat; Tapioca	Buckwheat; Tapioca	Buckwheat; Tapioca; Mango	Buckwheat; Tapioca; Banana
Inherent Prebiotic Fiber Sources			Buckwheat; Almond Butter	

Certifications

- Clean Label Project Purity Award®
- FODMAP Friendly™
- USDA Organic®
- Beyond Soy

Availability & Ordering Information

- 7 oz pouch – 198 grams

Flavor	UPC
Original	00850016323460
Vanilla	00850016323477
Mango	00850016323491
Banana	00850016323484

Reimbursement & Financial Assistance

SNAP/eBT: Eligible for purchase via SNAP/eBT on Amazon and select retailers where Else Nutrition products are available. Visit <https://www.fns.usda.gov/snap/retailer-locator> for more information.

Nutrition Facts

Else Baby Super Cereal

		Original	Vanilla	Mango	Banana			Original	Vanilla	Mango	Banana	
	Unit	Per 15 g Serving		Unit	Per 15 g Serving							
Macronutrients												
Energy	kcal	65	65	60	65		Calcium	mg	63	64	63	63
Protein	g	2	1.9	1.7	1.8		Phosphorus	mg	44	43	39	39
Fat	g	2	2	2	2		Magnesium	mg	26	26	23	23
Linoleic Acid	mg	514	495	492	492		Iron	mg	5.8	5.8	5.9	5.7
α-Linolenic Acid	mg	78	75	76	76		Zinc	mg	1.1	1.1	1	1
Carbohydrate	g	9.7	9.8	8.8	9.9		Copper	mg	0.07	0.06	0.06	0.06
Fiber	g	0.6	0.6	0.6	0.7		Manganese	mg	0.17	0.17	0.15	0.15
Sugar	g	0.4	0.4	0.9	0.9		Iodine	mcg	22	22	22	22
Added Sugar	g	0.2	0.2	0.2	0.2		Selenium	mcg	0	0.05	0.05	0.05
Vitamins												
Vitamin A	mcg-RAE	77	77	77	77		Sodium	mg	3	3	3	3.8
Vitamin D	mcg	1.6	1.6	1.6	1.6		Potassium	mg	94	43	92	111
Vitamin E	mg	1.7	1.7	1.7	1.7		Chloride	mg	43	43	43	43
Vitamin K	mcg	6.6	6.6	6.7	6.7		Macronutrient Distribution					
Thiamine	mg	0.14	0.14	0.13	0.13		%kcal from Fat		28%	27%	30%	28%
Riboflavin	mg	0.14	0.14	0.14	0.14		%kcal from CHO		60%	61%	59%	61%
Vitamin B6	mg	0.05	0.05	0.05	0.05		%kcal from Protein		12%	12%	12%	11%
Vitamin B12	mcg	0.1	0.1	0.1	0.1							
Niacin	mg	0.7	0.7	0.7	0.7							
Folic Acid	mcg-DFE	25	25	25	25							
Pantothenic Acid	mg	0.8	0.8	0.8	0.8							
Biotin	mcg	3	2.9	2.9	2.9							
Vitamin C	mg	2.2	2.2	2.2	2.2							
Choline	mg	21	20	19	19							
Inositol	mg	22	22	21	21							

Ingredients

Original	Vanilla	Mango	Banana
Organic Instant Buckwheat Flour, Organic Tapioca Maltodextrin, Organic Almond Butter, Organic Buckwheat Flour, Organic Rapeseed Oil. Less than 2% of: Calcium Carbonate, Potassium Chloride, Vitamin A Acetate, Thiamine Mononitrate (B1), Riboflavin (B2), Niacinamide (B3), Pantothenic Acid (B5), Pyridoxine Hydrochloride (B6), Biotin (B8), Folic Acid (B9), Cyanocobalamin (B12), Sodium Ascorbate (C), cholecalciferol (D3), Vitamin E Acetate, Phylloquinone (K1), Choline Bitartrate, Potassium Iodide, Ferric Pyrophosphate Hydrate, Inositol, Organic Sunflower Lecithin	Organic Instant Buckwheat Flour, Organic Tapioca Maltodextrin, Organic Almond Butter, Organic Buckwheat Flour, Organic Rapeseed Oil. Less than 2% of: Organic Natural Vanilla Flavor, Calcium Carbonate, Potassium Chloride, Vitamin A Acetate, Thiamine Mononitrate (B1), Riboflavin (B2), Niacinamide (B3), Pantothenic Acid (B5), Pyridoxine Hydrochloride (B6), Biotin (B8), Folic Acid (B9), Cyanocobalamin (B12), Sodium Ascorbate (C), cholecalciferol (D3), Vitamin E Acetate, Phylloquinone (K1), Choline Bitartrate, Potassium Iodide, Ferric Pyrophosphate Hydrate, Inositol, Organic Sunflower Lecithin	Organic Instant Buckwheat Flour, Organic Tapioca Maltodextrin, Organic Almond Butter, Organic Mango Powder, Organic Buckwheat Flour, Organic Rapeseed Oil. Less than 2% of: Organic Natural Vanilla Flavor, Calcium Carbonate, Potassium Chloride, Vitamin A Acetate, Thiamine Mononitrate (B1), Riboflavin (B2), Niacinamide (B3), Pantothenic Acid (B5), Pyridoxine Hydrochloride (B6), Biotin (B8), Folic Acid (B9), Cyanocobalamin (B12), Sodium Ascorbate (C), cholecalciferol (D3), Vitamin E Acetate, Phylloquinone (K1), Choline Bitartrate, Potassium Iodide, Ferric Pyrophosphate Hydrate, Inositol, Organic Sunflower Lecithin	Organic Instant Buckwheat Flour, Organic Tapioca Maltodextrin, Organic Almond Butter, Organic Banana powder, Organic Buckwheat Flour, Organic Rapeseed Oil. Less than 2% of: Organic Natural Vanilla Flavor, Calcium Carbonate, Potassium Chloride, Vitamin A Acetate, Thiamine Mononitrate (B1), Riboflavin (B2), Niacinamide (B3), Pantothenic Acid (B5), Pyridoxine Hydrochloride (B6), Biotin (B8), Folic Acid (B9), Cyanocobalamin (B12), Sodium Ascorbate (C), cholecalciferol (D3), Vitamin E Acetate, Phylloquinone (K1), Choline Bitartrate, Potassium Iodide, Ferric Pyrophosphate Hydrate, Inositol, Organic Sunflower Lecithin

[†]Contains tree nuts (almond butter)

*Values in HCP guide may differ slightly from product label due to FDA rounding

Preparation & Storage

Preparation:



Storage:

Use or discard prepared cereal within 2 hours of preparation. Store powder at room temperature; avoid extreme temperature. After opening, keep the seal tightly closed, store in a dry area, and use contents within a month.





Toddler Products



Else Toddler Organic

Description

Product Overview

Organic, plant-based complete nutrition designed for toddlers, with all essential macronutrients and 20+ essential vitamins and minerals. Made with > 90% minimally processed, whole food ingredients. Available in original flavor. Intended for ages 1-3 years.

Nutritional Applications

- Alternative option to cow's milk (e.g., during breast milk weaning)*
- Inadequate oral intake or poor weight gain[†]
- Intractable food sensitivities or feeding intolerance[‡]
- Oral nutrition supplement or tube-feeding[†]

*Rosa F, et al. *Nutrients*. 2022;14(7):1499.

[†]Can be used as sole source nutrition under medical supervision

[‡]Bridges K, et al. Poster presented at: *Pediatric Academic Societies*; April 21-25, 2022; Denver, CO; E-PAS2022:257

Features

- Complete amino acid profile that meets the FDA quality standards for Protein Efficiency Ratio.[†]
- Minimally processed ingredients
- Suitable for the following diets: *Vegan, Kosher, Halal, Low FODMAP*
- Made without common allergens: *Wheat, Soy, Dairy, Egg, Fish, Peanuts/Peas*
- Free of: *Rice Syrup, Corn Syrup, Gums, Fillers, GMOs*
- Below thresholds set by Clean Label Project for over 400 impurities, including heavy metals, plasticizers, & pesticides[§]

[†]Bar-Yoseph F et al. *J Pediatr Gastroenterol Nutr*. 2023;76(6S):1076.

[§]Required testing for Clean Label Project Purity Award® (<https://www.cleanlabelproject.org>)

Product Specifications

Caloric Density (standard dilution): *0.67 kcal/mL*

NPC to N Ratio: *200:1*

Potential Renal Solute Load: *12 mOsm/100 kcal (79 mOsm/L)^{†‡}*

Osmolality: *144 mOsm/kg H₂O*

Plant-based Protein Sources: *Buckwheat; Almond Butter*

Fat Sources: *Almond Butter*

Carbohydrate Sources: *Buckwheat; Tapioca*

Inherent Prebiotic Fiber Sources: *Buckwheat; Almond Butter*

[†]Fomon SJ et al. *J Pediatr.* 1999;134(1):11-14.

[‡]Mariotti F et al. *Crit Rev Food Sci Nutr.* 2008;48(2):177-84

Certifications

- USDA Organic®
- Clean Label Project Purity Award®
- Certified Plant Based®
- FODMAP Friendly®
- Beyond Soy

Availability

- Can: 22 oz (624 g) Powder

Ordering Information	UPC Number	NDC Formatted Number
Single can	00850016323002	<i>Coming Soon</i>
2-pack	00850016323040	<i>Coming Soon</i>
4-pack	00850016323019	<i>Coming Soon</i>

Reimbursement & Financial Assistance

- HCPCS Code: B4158
- WIC Availability: Available as a WIC Eligible Nutritional in select states and meets federal WIC requirements. Contact your state WIC office for more information or to request WIC availability.
- SNAP/eBT: Eligible for purchase via SNAP/eBT on Amazon and select retailers where Else Nutrition products are available. Visit <https://www.fns.usda.gov/snap/retailer-locator> for more information.

Nutrition Facts

Else Toddler Organic									
Macronutrients				Minerals					
Unit	Per 36 g Serving	Per 100 g	Per 100 kcal	Unit	Per 36 g Serving	Per 100 g	Per 100 kcal		
Energy	kcal	174	484	100	Calcium	mg	237	659	136
Protein	g	5	14	2.9	Phosphorus	mg	193	535	111
Fat	g	8.9	25	5.1	Magnesium	mg	66	183	38
Linoleic Acid	mg	2202	6118	1266	Iron	mg	4.2	12	2.4
α-Linolenic Acid	mg	82	229	47	Zinc	mg	2.7	7.6	1.6
Carbohydrate	g	20	54	11	Copper	mg	0.21	0.58	0.12
Fiber	g	1.9	5.3	1.1	Manganese	mg	0.42	1.17	0.24
Sugar	g	2.6	7.1	1.5	Iodine	mcg	54	151	31
Added Sugar	g	1.4	4	0.8	Selenium	mcg	15	42	8.8
Vitamins				Sodium	mg	59	165	34	
Vitamin A	mcg-RAE	237	658	136	Potassium	mg	318	882	182
Vitamin D	mcg	4.2	12	2.4	Chloride	mg	133	369	76
Vitamin E	mg	6.9	19	4	Macronutrient Distribution				
Vitamin K	mcg	18	49	10	%kcal from Fat				
Thiamine	mg	0.32	0.9	0.19	46%				
Riboflavin	mg	0.43	1.2	0.25	%kcal from CHO				
Vitamin B6	mg	0.14	0.4	0.08	45%				
Vitamin B12	mcg	0.4	1	0.2	%kcal from Protein				
Niacin	mg	1.5	4.2	0.9	12%				
Folic Acid	mcg-DFE	40	111	23	Ingredients				
Pantothenic Acid	mg	1.9	5.4	1.1	Organic Almond Butter, Organic Buckwheat Flour, Organic Tapioca Maltodextrin.				
Biotin	mcg	7.3	20	4.2	Less than 2%: Calcium Carbonate, Sodium Citrate Dihydrate, Potassium Chloride,				
Vitamin C	mg	5	14	3	Tricalcium Phosphate, Vitamin A Acetate, Thiamine Mononitrate (B1), Riboflavin				
Choline	mg	50	140	29	(B2), Niacinamide (B3), D-Calcium Pantothenate (B5), Pyridoxine Hydrochloride (B6),				
Inositol	mg	67	187	39	Biotin (B8), Folic Acid (B9), Cyanocobalamin (B12), Sodium Ascorbate (C),				
					Cholecalciferol (D3), Vitamin E Acetate, Phylloquinone (K1), Ferric Pyrophosphate,				
					Zinc Sulfate, Choline Bitartrate, Inositol, Sodium Selenate, Potassium Iodide, Organic				
					Sunflower Lecithin, Organic Cane Sugar.				
					*Contains tree nuts (almond butter)				
					*Values in HCP guide may differ slightly from product label due to FDA rounding				

Preparation & Storage

Preparation:



Storage:

Cover and store unused prepared Else Toddler in refrigerator for up to 24 hours after preparation. Use or discard prepared feeding within 2 hours after contact with saliva. Store powder at room temperature; avoid extreme temperature. After opening, keep the seal tightly closed, store in a dry area, and use contents within a month.

Else Toddler Omega

Description

Product Overview

Plant-based complete and balanced nutrition designed for transitioning nutrient needs when toddlers first turn 12 months. Made with > 80% minimally processed, whole food ingredients. Contains all essential macronutrients and 20+ essential micronutrients in tailored amounts. Fortified with plant-based oil sources of essential omega-3 ALA and omega-6 LA for a more physiologic fat profile. Available in original flavor. Intended for ages 1-3 years.

Nutritional Applications

- Alternative option to cow's milk (e.g., during breast milk weaning)*
- Inadequate oral intake or poor weight gain[†]
- Intractable food sensitivities or feeding intolerance[‡]
- Oral nutrition supplement or tube-feeding[†]

*Rosa F, et al. *Nutrients*. 2022;14(7):1499.

†Bridges K, et al. Poster presented at: *Pediatric Academic Societies*; April 21-25, 2022; Denver, CO; E-PAS2022:257.

‡Can be used for sole source nutrition under medical supervision

Features

- Complete amino acid profile that meets the FDA quality standards for Protein Efficiency Ratio[†]
- Suitable for the following diets: *Vegan, Kosher, Halal, Low FODMAP, Low Residue*
- Made without common allergens: *Wheat, Soy, Dairy, Egg, Fish, Peanuts/Peas*
- Free of: *Rice Syrup, Corn Syrup, Gums, Fillers, GMOs*
- Below thresholds set by Clean Label Project for over 400 impurities, including heavy metals, plasticizers, & pesticides[§]

§Required testing for Clean Label Project Purity Award® (<https://www.cleanlabelproject.org>)

†Bar-Yoseph F et al. *J Pediatr Gastroenterol Nutr*. 2023;76(6S):1076.

Product Specifications

Caloric Density (standard dilution): *0.67 kcal/mL*

NPC to N Ratio: *200:1*

Potential Renal Solute Load: *11 mOsm/100 kcal (75 mOsm/L)*^{†‡}

Plant-based Protein Sources: *Buckwheat; Almond Butter; L-Leucine; L-Isoleucine; L-Lysine*

Fat Sources: *Almond Butter; Coconut Oil; Sunflower Oil; Rapeseed Oil*

Carbohydrate Sources: *Buckwheat; Tapioca*

Inherent Prebiotic Fiber Sources: *Buckwheat; Almond Butter*

[†]Fomon SJ et al. *J Pediatr.* 1999;134(1):11-14.

[‡]Mariotti F et al. *Crit Rev Food Sci Nutr.* 2008;48(2):177-84.

Certifications

- Clean Label Project Purity Award®
- Certified Plant Based®
- FODMAP Friendly®
- Beyond Soy

Availability

- Can: 22 oz (624 g) Powder
- HCP Sample Program: 36 g sample sachets – Powder

Ordering Information	UPC Number	NDC Formatted Number
Single can	00850016323217	<i>Coming Soon</i>

Reimbursement & Financial Assistance

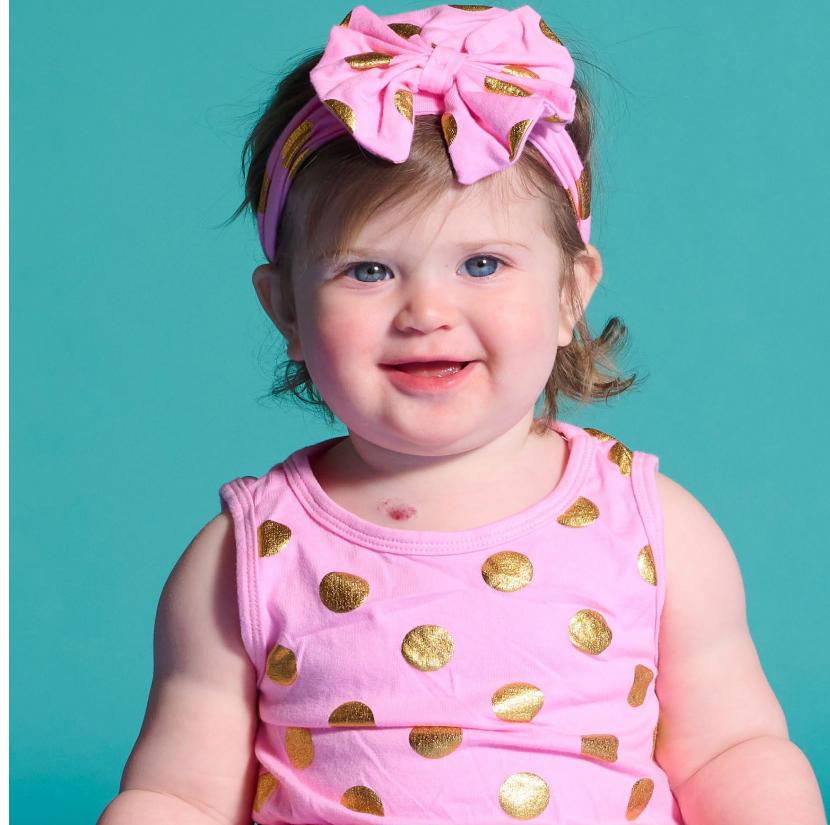
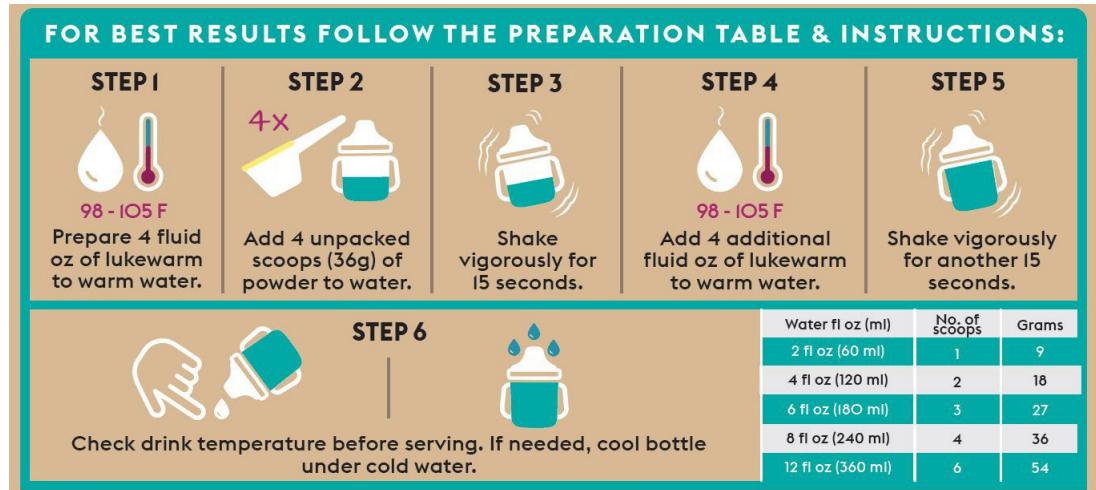
- HCPCS Code: B4158
- WIC Availability: Available as a WIC Eligible Nutritional in select states and meets federal WIC requirements. Contact your state WIC office for more information or to request WIC availability.
- SNAP/eBT: Eligible for purchase via SNAP/eBT on Amazon and select retailers where Else Nutrition products are available. Visit <https://www.fns.usda.gov/snap/retailer-locator> for more information.

Nutrition Facts

Else Toddler Omega									
Macronutrients					Minerals				
Unit	Per 36 g Serving	Per 100 g	Per 100 kcal		Unit	Per 36 g Serving	Per 100 g	Per 100 kcal	
Energy	kcal	177	492	100	Calcium	mg	176	488	99
Protein	g	4.7	13	2.6	Phosphorus	mg	159	441	90
Fat	g	9.2	26	5.2	Magnesium	mg	58	160	32
Linoleic Acid	mg	1826	5073	1031	Iron	mg	1.9	5.2	1.1
α-Linolenic Acid	mg	92	255	52	Zinc	mg	1.3	3.6	0.7
Carbohydrate	g	18.9	52	10.6	Copper	mg	0.20	0.55	0.11
Fiber	g	1.7	4.6	0.9	Manganese	mg	0.40	1.10	0.22
Sugar	g	2.1	5.8	1.2	Iodine	mcg	46	128	26
Added Sugar	g	1.2	3.3	0.7	Selenium	mcg	14	40	8
Vitamins					Sodium	mg	59	165	34
Vitamin A	mcg-RAE	174	483	98	Potassium	mg	284	790	160
Vitamin D	mcg	4.6	12.8	2.6	Chloride	mg	141	392	80
Vitamin E	mg	5.4	15	3.0	Macronutrient Distribution				
Vitamin K	mcg	15.7	44	8.9	%kcal from Fat		47%		
Thiamine	mg	0.36	1.00	0.20	%kcal from CHO		43%		
Riboflavin	mg	0.61	1.70	0.35	%kcal from Protein		10%		
Vitamin B6	mg	0.25	0.70	0.14	Ingredients				
Vitamin B12	mcg	0.4	1.1	0.2	Organic Buckwheat Flour, Almond Butter, Organic Tapioca Maltodextrin, Organic Coconut oil, Organic Rapeseed oil, Sunflower Oil, Less than 2% of: Organic Sunflower Lecithin, Organic Vanilla Flavor, Vitamin A Acetate, Cholecalciferol (D3), Vitamin E Acetate, Phylloquinone (K1), Thiamine Mononitrate (B1), Riboflavin (B2), Niacinamide (B3), Pantothenic Acid (B5), Pyridoxine Hydrochloride (B6), Biotin (B8), Folic Acid (B9), Cyanocobalamin (B12), Sodium Ascorbate (C), Calcium Carbonate, Tricalcium Phosphate, Copper Sulfate, Potassium Chloride, Ferric Pyrophosphate, Zinc Sulfate, Sodium Selenite, Sodium Citrate Dihydrate, Choline Bitartrate, Inositol, Taurine, Potassium Iodide, Organic White Cane Sugar, L-Leucine, L-Isoleucine, L-Lysine				
Niacin	mg	2.4	6.8	1.4	*Contains tree nuts (almond butter)				
Folic Acid	mcg-DFE	112	310	63	*Values in HCP guide may differ slightly from product label due to FDA rounding				
Pantothenic Acid	mg	3.0	8.3	1.7					
Biotin	mcg	14	39	7.9					
Vitamin C	mg	6.5	18	3.7					
Choline	mg	44	122	25					
Inositol	mg	88	246	50					

Preparation & Storage

Preparation:



Storage:

Cover and store unused prepared Else Toddler in refrigerator for up to 24 hours after preparation. Use or discard prepared feeding within 2 hours after contact with saliva. Store powder at room temperature; avoid extreme temperature. After opening, keep the seal tightly closed, store in a dry area, and use contents within a month.



Kids Products



Else Kids Vanilla & Cocoa

Description

Product Overview

Plant-powered complete nutrition shake designed for kids, with all essential macronutrients plus over 20 essential vitamins and minerals. Light and naturally flavored, using minimal added sugars. Available in Vanilla and Cocoa flavors. Intended for ages 2+ years.

Nutritional Applications

- Oral nutrition supplement or tube-feeding^{†‡}
- Inadequate oral intake or poor weight gain^{*}
- Intractable food sensitivities or feeding intolerance^{*}

[†]Use for sole source nutrition only under medical supervision

[‡]Recommend dilution to <1.2 kcal/mL for tube feeding (refer to appendix for dilution chart)

^{*}Bridges K, et al. Poster presented at: *Pediatric Academic Societies*; April 21-25, 2022; Denver, CO; E-PAS2022:257.

Features

- Minimal added sugar^{*}
- Minimally processed ingredients
- Suitable for the following diets: *Vegan, Kosher, Halal, Low FODMAP*
- Made without most common allergens: *Wheat, Soy, Dairy, Egg, Fish, Peanuts/Peas*
- Free of: *Rice Syrup, Corn Syrup, Gums, Fillers, GMOs*
- Below thresholds set by Clean Label Project for over 400 impurities, including heavy metals, plasticizers, & pesticides[§]

^{*}50% less sugar compared to standard pediatric oral nutrition supplements

[§]Required testing for Clean Label Project Purity Award® (<https://www.cleanlabelproject.org>)

Product Specifications

Caloric Density (standard dilution[¶]): 1.4 kcal/mL

NPC to N Ratio: 238:1

Potential Renal Solute Load^{†‡}:

- *Vanilla: 11 mOsm/100 kcal (156 mOsm/L)*
- *Cocoa: 12 mOsm/100 kcal (161 mOsm/L)*

[¶]Standard dilution=4 oz water+45 g Else Kids

[†]Fomon SJ et al. *J Pediatr.* 1999;134(1):11-14.

[‡]Mariotti F et al. *Crit Rev Food Sci Nutr.* 2008;48(2):177-84.



Product Specifications (continued)

Plant-based Protein Sources: *Buckwheat; Almond Butter*

Fat Sources: *Almond Butter*

Carbohydrate Sources: *Buckwheat; Tapioca*

Inherent Prebiotic Fiber Sources: *Buckwheat; Almond Butter*

Certifications

- USDA Organic®
- Clean Label Project Purity Award®
- Certified Plant Based®
- FODMAP Friendly®
- Beyond Soy

Availability

- Can: 16 oz (454 g) Powder

Ordering Information	UPC Number	NDC Formatted Number
Single can (Vanilla)	00850016323033	<i>Coming Soon</i>
2-pack (Vanilla)	00850016323149	<i>Coming Soon</i>
Single can (Cocoa)	00850016323026	<i>Coming Soon</i>
2-pack (Cocoa)	00850016323132	<i>Coming Soon</i>

Reimbursement & Financial Assistance

- HCPCS Code: B4160
- WIC Availability: Available as a WIC Eligible Nutritional in select states and meets federal WIC requirements. Contact your state WIC office for more information or to request WIC availability.
- SNAP/eBT: Eligible for purchase via SNAP/eBT on Amazon and select retailers where Else Nutrition products are available. Visit <https://www.fns.usda.gov/snap/retailer-locator> for more information.

Nutrition Facts

Else Kids Vanilla					Else Kids Cocoa				
	Unit	Per 45 g Serving	Per 100 g	Per 100 kcal		Unit	Per 45 g Serving	Per 100 g	Per 100 kcal
Energy	kcal	210	467	100	Energy	kcal	210	466	100
Protein	g	5.7	13	2.7	Protein	g	5.8	13	2.8
Fat	g	8.4	19	4.0	Fat	g	8.3	19	4.0
Linoleic Acid	mg	2142	4759	1020	Linoleic Acid	mg	2099	4664	999
α-Linolenic Acid	mg	11	23	5.0	α-Linolenic Acid	mg	10	23	4.9
Carbohydrate	g	28	62	13	Carbohydrate	g	28	62	13
Fiber	g	2.2	4.9	1.0	Fiber	g	2.4	5.4	1.2
Sugar	g	4.6	10	2.2	Sugar	g	4.5	10	2.2
Added Sugar	g	3.4	7.6	1.6	Added Sugar	g	3.4	7.4	1.6
Vitamins					Vitamins				
Vitamin A	mcg-RAE	424	943	202	Vitamin A	mcg-RAE	416	924	198
Vitamin D	mcg	7.6	17	3.6	Vitamin D	mcg	7.4	17	3.5
Vitamin E	mg	9.1	20	4.3	Vitamin E	mg	8.9	20	4.2
Vitamin K	mcg	29	65	14	Vitamin K	mcg	29	64	14
Thiamine	mg	0.50	1.11	0.24	Thiamine	mg	0.49	1.09	0.23
Riboflavin	mg	0.70	1.56	0.33	Riboflavin	mg	0.69	1.52	0.33
Vitamin B6	mg	0.20	0.44	0.10	Vitamin B6	mg	0.20	0.44	0.09
Vitamin B12	mcg	0.8	1.8	0.4	Vitamin B12	mcg	0.8	1.7	0.4
Niacin	mg	2.9	6.4	1.4	Niacin	mg	2.9	6.4	1.4
Folic Acid	mcg-DFE	69	153	33	Folic Acid	mcg-DFE	67	150	32
Pantothenic Acid	mg	3.3	7.3	1.6	Pantothenic Acid	mg	3.2	7.2	1.5
Biotin	mcg	15	34	7.2	Biotin	mcg	15	33	7.0
Vitamin C	mg	12	26	5.6	Vitamin C	mg	11	25	5.5
Choline	mg	77	170	37	Choline	mg	75	167	36
Inositol	mg	85	190	41	Inositol	mg	84	186	40

Minerals					Minerals				
Calcium	mg	279	619	133	Calcium	mg	275	611	131
Phosphorus	mg	221	490	105	Phosphorus	mg	224	497	106
Magnesium	mg	69	154	33	Magnesium	mg	73	162	35
Iron	mg	6.4	14	3.0	Iron	mg	6.4	14	3.0
Zinc	mg	4.2	9.3	2.0	Zinc	mg	4.2	9.3	2.0
Copper	mg	0.19	0.43	0.09	Copper	mg	0.22	0.49	0.10
Manganese	mg	0.51	1.12	0.24	Manganese	mg	0.54	1.19	0.26
Iodine	mcg	93	206	44	Iodine	mcg	91	202	43
Selenium	mcg	26	58	12	Selenium	mcg	26	57	12
Sodium	mg	75	168	36	Sodium	mg	74	165	35
Potassium	mg	326	724	155	Potassium	mg	356	790	169
Chloride	mg	162	359	77	Chloride	mg	158	352	76
Macronutrient Distribution					Macronutrient Distribution				
%kcal from Fat		36%			%kcal from Fat		36%		
%kcal from CHO		53%			%kcal from CHO		53%		
%kcal from Protein		11%			%kcal from Protein		11%		
Ingredients					Ingredients				
Organic Buckwheat Flour, Organic Almond Butter, Organic Tapioca Maltodextrin, Organic Tapioca Syrup, Less than 2% of: Organic Sunflower Lecithin, Organic Vanilla Flavor, Calcium Carbonate, Sodium Citrate Dihydrate, Potassium Chloride, Tricalcium Phosphate, Vitamin A Acetate, Vitamin D3, Vitamin E Acetate, Phylloquinone (K1), Thiamine Mononitrate (B1), Riboflavin (B2), Niacinamide, Pantothenic Acid, Pyridoxine Hydrochloride, Biotin, Folic Acid, Vitamin B12, Sodium Ascorbate, Ferric Pyrophosphate, Zinc Sulfate, Choline Bitartrate, Inositol, Sodium Selenate, Potassium Iodide.					Organic Buckwheat Flour, Organic Almond Butter, Organic Tapioca Maltodextrin, Organic Tapioca Syrup, Less than 2% of: Organic Sunflower Lecithin, Natural Vanilla Flavor, Organic Cocoa Powder, Calcium Carbonate, Sodium Citrate Dihydrate, Potassium Chloride, Tricalcium Phosphate, Vitamin A Acetate, Vitamin D3, Vitamin E Acetate, Phylloquinone (K1), Thiamine Mononitrate (B1), Riboflavin (B2), Niacinamide, Pantothenic Acid, Pyridoxine Hydrochloride, Biotin, Folic Acid, Vitamin B12, Sodium Ascorbate, Ferric Pyrophosphate, Zinc Sulfate, Choline Bitartrate, Inositol, Sodium Selenate, Potassium Iodine				
*Contains tree nuts (almond butter)					*Contains tree nuts (almond butter)				

*Values in HCP guide may differ slightly from product label due to FDA rounding

Preparation & Storage

Preparation (Vanilla):



Preparation (Cocoa):



Storage:

Cover and store unused prepared Else Kids in refrigerator for up to 24 hours after preparation. Use or discard prepared feeding within 2 hours after contact with saliva. Store powder at room temperature; avoid extreme temperature. After opening, keep the seal tightly closed, store in a dry area, and use contents within a month.



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Additional Clinician Resources



Else Toddler Clinical Dilution Chart

Concentration (kcal/oz)	Added Water (mL)	Added Powder (level scoops)	Approximate Recipe Yield (mL)
20 kcal/oz (0.68 kcal/mL)	180 mL (6 oz)	3 scoops	198 mL (6.6 oz)
	240 mL (8 oz)	4 scoops	264 mL (8.8 oz)
	360 mL (12 oz)	6 scoops	397 mL (13.2 oz)
22 kcal/oz (0.73 kcal/mL)	165 mL (5.5 oz)	3 scoops	184 mL (6.1 oz)
	215 mL (7.2 oz)	4 scoops	240 mL (8 oz)
	325 mL (10.8 oz)	6 scoops	361 mL (12 oz)
24 kcal/oz (0.8 kcal/mL)	195 mL (6.5 oz)	4 scoops	219 mL (7.3 oz)
	245 mL (8.2 oz)	5 scoops	275 mL (9.2 oz)
	345 mL (11.5 oz)	7 scoops	388 mL (12.9 oz)
26 kcal/oz (0.87 kcal/mL)	225 mL (7.5 oz)	5 scoops	256 mL (8.5 oz)
	270 mL (9 oz)	6 scoops	307 mL (10.2 oz)
	360 mL (12 oz)	8 scoops	409 mL (13.6 oz)
27 kcal/oz (0.9 kcal/mL)	215 mL (7.1 oz)	5 scoops	245 mL (8.2 oz)
	255 mL (8.5 oz)	6 scoops	292 mL (9.7 oz)
	345 mL (11.5 oz)	8 scoops	394 mL (13.1 oz)
28 kcal/oz (0.93 kcal/mL)	165 mL (5.5 oz)	4 scoops	190 mL (6.3 oz)
	245 mL (8.2 oz)	6 scoops	289 mL (9.6 oz)
	330 mL (11 oz)	8 scoops	379 mL (12.6 oz)
30 cal/oz (1.0 kcal/mL)	150 mL (5 oz)	4 scoops	174 mL (5.8 oz)
	305 mL (10 oz)	8 scoops	349 mL (11.6 oz)
	345 mL (11.5 oz)	9 scoops	400 mL (13.3 oz)

Else Kids Clinical Dilution Chart

Concentration (kcal/oz)	Added Water (mL)	Added Powder*	Approximate Recipe Yield (mL)
0.75 kcal/mL	165 mL (5.5 oz)	36 g	185 mL (6.3 oz)
	210 mL (7 oz)	45 g	236 mL (8 oz)
	290 mL (9.8 oz)	63 g	326 mL (11 oz)
1.04 kcal/mL	178 mL (6 oz)	45 g	209 mL (7.1 oz)
	255 mL (8.2 oz)	81 g	301 mL (10.2 oz)
	300 mL (10.1 oz)	90 g	336 mL (11.4 oz)
1.2 kcal/mL	165 mL (5.5 oz)	63 g	200 mL (6.8 oz)
	215 mL (7.3 oz)	81 g	262 mL (8.8 oz)
	290 mL (9.8 oz)	108 g	351 mL (11.9 oz)
1.5 kcal/mL	150 mL (5 oz)	72 g	191 mL (6.2 oz)
	205 mL (~7 oz)	99 g	246 mL (8.1 oz)
	292 mL (10 oz)	144 g	379 mL (12.8 oz)
1.8 kcal/mL	148 mL (5 oz)	90 g	200 mL (6.9 oz)
	207 mL (7 oz)	126 g	278 mL (9.4 oz)
	292 mL (10 oz)	180 g	394 mL (13.3 oz)
2.0 kcal/mL	127 mL (4.3 oz)	90 g	178 mL (6 oz)
	178 mL (6 oz)	126 g	250 mL (8.4 oz)
	280 mL (9.5 oz)	198 g	393 mL (13.3 oz)

Powder Properties

Powder Property	Toddler Organic	Toddler Omega	Kids Vanilla	Kids Cocoa
Kcal per g powder (kcal/g)	4.84	4.92	4.67	4.66
Grams per scoop	9	9	6.5	9
Water displacement (mL/g)	0.67	0.67	0.68	0.68

DRI Guidance: Calories Needed to Meet/Exceed DRI for Protein & 25 Micronutrients

Age Group	Toddler Organic	Toddler Omega	Kids Vanilla	Kids Cocoa
1-3 years	700	810	750	750
4-8 years	925	1010	1000	1000
9-13 years M	1550	1510	1500	1500
9-13 years F	1550	1510	1500	1500

FODMAP Profiles

FODMAP Type	Reference Value [†]	Toddler Organic g/36 g serving	Toddler Omega g/36 g serving	Kids Vanilla g/45 g serving	Kids Cocoa g/45 g serving
Fructans	<0.20	0.10	<0.10	0.13	<0.10
GOS	<0.30	0.18	0.18	0.27	0.05
Lactose	<1.00	<0.10	<0.10	<0.10	<0.10
Excess Fructose	0	0	0	0	0
Sorbitol	<0.20	<0.10	<0.10	<0.10	<0.10
Mannitol	<0.20	<0.10	<0.10	<0.10	<0.10

[†]Varney J, et al. *J Gastroenterol Hepatol.* 2017;32:53-61.

Amino Acid Profiles

Per 100 kcal

Amino Acid (mg/100 kcal)	Toddler Organic	Toddler Omega	Kids Vanilla	Kids Cocoa
Histidine	63	52	57	56
Threonine	84	76	77	75
Valine	95	107	84	83
Isoleucine	88	103	78	77
Leucine	170	171	151	148
Methionine	31	33	29	29
Arginine	276	234	246	241
Glutamic Acid	608	493	527	517
Aspartic Acid	268	232	237	232
Serine	119	103	109	107
Proline	106	91	94	92
Glycine	158	136	140	137
Alanine	114	101	102	100
Cystine	41	47	38	38
Tyrosine	76	72	68	67
Lysine	98	119	94	92
Phenylalanine	134	114	119	117
Tryptophan	34	32	31	31

Amino Acid Profiles

Per 100 grams

Amino Acid (mg/100 g)	Toddler Organic	Toddler Omega	Kids Vanilla	Kids Cocoa
Histidine	306	258	265	260
Threonine	404	375	358	351
Valine	457	527	392	385
Isoleucine	424	508	366	359
Leucine	820	840	706	692
Methionine	149	163	137	135
Arginine	1337	1150	1148	1125
Glutamic Acid	2939	2430	2460	2411
Aspartic Acid	1296	1140	1105	1083
Serine	577	505	508	498
Proline	512	446	439	430
Glycine	763	672	654	641
Alanine	553	495	474	465
Cystine	197	232	180	176
Tyrosine	368	356	316	310
Lysine	475	585	438	429
Phenylalanine	649	563	557	546
Tryptophan	163	158	146	143



For further information please call our dedicated health care professional help-line at (877) ELSE-HCP / (877) 3573-427, or visit our health care professional (HCP) website at <https://hcp.elsenutrition.com>, where you can register for an HCP account and access the professional resources for all of our products.

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