

# Compleat<sup>®</sup> paediatric

## Nutritionally complete paediatric tube feed with a unique blend of whole foods

Purposefully designed with wholesome and familiar food ingredients to meet the nutritional needs of children requiring enteral nutrition.



*COMPLEAT<sup>®</sup> Paediatric contains 16.1% familiar food ingredients*



**Rehydrated  
vegetables 4.3%**  
(peas, green beans)



**Orange juice  
from concentrate  
1.2%**



**Rehydrated  
chicken meat  
6.9%**



**Peach puree  
1.4%**



**Vegetable oils  
2.3%**  
(rapeseed,  
sunflower)

# Improvement in gastrointestinal symptoms reported in children who switched to COMPLEAT® Paediatric: A multicentre retrospective study<sup>1</sup>

*Results within one week of switching*

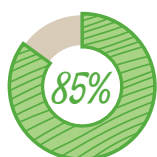
43

Children

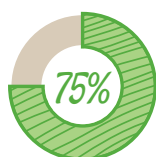


81%

of dietitians reported an improvement in vomiting, constipation, retching, flatulence and loose stools, within 1 week of switching



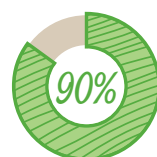
11/13 children had improvement in vomiting.



6/8 children had reduced flatulence.



17/18 children had reduced retching.



10/11 children had improvement in loose stools.



10/11 children became less constipated.

## Key findings on the use of COMPLEAT® Paediatric in clinical practice

- The improvements in gastrointestinal symptoms were reflected in weight gain during the one month period that measurements were collected ( $p > 0.002$ ).
- After one month of switching to COMPLEAT® Paediatric, 7 of 16 (46%) children reduced the quantity or frequency of constipation medication with one child stopping medication altogether.
- 7 of 43 children (16%) experienced positive changes in mood or behaviour and were more happy and settled.

*Findings are parent reported findings for a subset of children.*



## Children's age in this study:

1 to 17 years  
(median age 6 years [IQR, 4-8]).

## Type of feed:

58% (25/43) children were on a whole protein formula.

## Primary diagnosis:

47% (20/43) children had neurological disability, followed by genetic syndrome, ENT complication and hematology/oncology condition, among others.



For children aged 1 year and above



Data was collected for those receiving COMPLEAT® Paediatric for at least 1 month.

## Conclusion

**This multicentre retrospective study demonstrated improved feed tolerance in children after switching to an enteral formula with food-derived ingredients.**

This real world evidence study has been conducted with 43 medically unwell children in the UK between March 2021 and July 2021 in a multicentre retrospective chart review.<sup>1</sup>

# Improvement in gastrointestinal symptoms reported in children who either switched to or commenced COMPLEAT® Paediatric: A single centre retrospective study<sup>2</sup>

*Results within one week of switching*

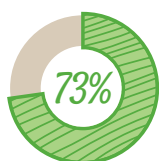
**90%**

20/22 children had an improvement in loose stools

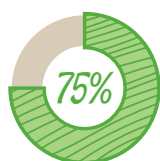
**70**  
Children



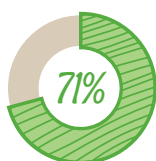
58/70 children were already on a type of enteral feed before transitioning to COMPLEAT® Paediatric



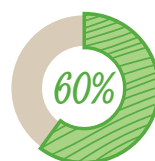
12/15 children had an improvement in constipation.



6/8 children had an improvement in vomiting.



5/7 children had an improvement in abdominal discomfort.



3/5 children had an improvement in reflux.

## Key findings on the use of COMPLEAT® Paediatric in clinical practice

- Improves feed tolerance in multiple acute and chronic conditions.
- Suitable for both hospital (including paediatric ICU) and home care setting.
- Can be used for continuous and bolus feeding.
- Effectively administered through nasogastric, gastrostomy or jejunostomy feeding.
- For short, mid-term as well as long-term feeding use.



## Children's age in this study:

1 to 18 years.

## Primary diagnosis:

53% (37/70) children had a neurological condition, followed by cardiology, gastrointestinal, oncology and metabolic conditions, among others.

## Type of feed:

52% (30/58) children were on a whole protein formula.



## Conclusion

- COMPLEAT® Paediatric has been well tolerated by a wide range of children with complex health conditions.
- COMPLEAT® Paediatric improves gastrointestinal symptoms within 7 days in children already established on enteral feeding.
- Dietitians are increasingly implementing an enteral feed with food-derived ingredients as their first-line whole protein enteral formula in children with no underlying gastrointestinal symptoms.

This real world evidence study has been conducted with 70 medically unwell children at a specialist children's hospital in the UK between August 2022 and December 2023.<sup>2</sup>

## COMPLEAT® Paediatric provides\*

**Energy density**  
1.2Kcal/mL

**25g Total Fat**  
(38% total energy)

**5g Fibre**

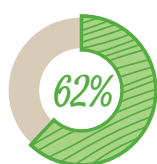


**18g Protein**  
(12% total energy)

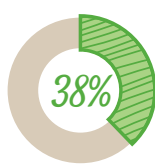
**70g Carbohydrates**  
(48% total energy)



### Proteins of which:

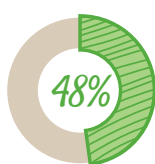


come from  
milk protein

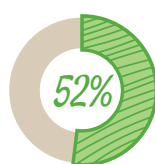


come from  
chicken,  
peas, and  
green beans

### Fibres Balanced combination of:



soluble/  
prebiotic fibres



insoluble  
fibres

Source of fibres: pea,  
green beans, peach, orange,  
fructo-oligosaccharides,  
acacia gum, inulin.

### Fats include\*:



(3.5g)



(65mg)



(100mg)

Main source of fats:  
rapeseed oil, high oleic  
sunflower, MCTs and fish oil.

\*Average per 500mL serving.

### COMPLEAT® Paediatric helps patients meet their nutritional needs

- ✓ Can be used as sole source of nutrition<sup>3-5</sup>
- ✓ Includes a blend of soluble and insoluble fibre to support bowel function
- ✓ Provides an average of 24% of the daily recommended fibre from multiple plant sources.\*\*6

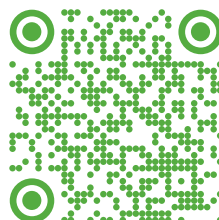
### COMPLEAT® Paediatric is clinically proven to be well tolerated:

- ✓ Published data showing improved GI tolerance,<sup>1,3,4</sup> weight gain<sup>3</sup> and quality of life.<sup>1,3,4</sup>
- ✓ Iso-osmolar (osmolality: 340 mOsm/kg water) which may help address feeding intolerance.

### COMPLEAT® Paediatric is suitable for:

- ✓ Percutaneous endoscopic gastrostomy (PEG)/ Percutaneous Endoscopic Jejunostomy (PEJ) feeding
- ✓ Bolus feeding
- ✓ Nasogastric/Naso jejunal feeding.

\*\*For children between 1-18 years.



To request your  
free sample of  
**COMPLEAT® Paediatric**,  
simply scan the QR code  
and follow the short  
sign up process.

## Ordering information

Product Description	Product Code	Units/Case
COMPLEAT® Paediatric 500mL	12612035	12 x 500mL

**References:** 1. O'Connor G, Watson M, Vann der Linde M, Bonner RS, Hopkins J, Saduera S. Monitor gastrointestinal tolerance in children who have switched to an "enteral formula with food-derived ingredients": A national, multicenter retrospective chart review (RICIMIX study). *NutrClin Pract.* 2021;1-6. 2. O'Connor G, Velandia ACand Capriles ZH. The impact of an enteral formula with food-derived ingredients on dietetic practice at a specialist children's hospital in the UK: Retrospective study. *J Hum Nutr Diet.* 2024;1-9. 3. Thornton-Wood C and Saduera S. Tolerance and Acceptability of a New Paediatric Enteral Tube Feeding Formula Containing Ingredients Derived From Food: A Multicentre Trial In The United Kingdom. *J Neonatol Clin Pediatr* 2020, 7: 050. 4. Siddiqui A, et al. Benefit of Including Food- Derived Ingredients in Enteral Nutrition Formulas: Practical Experience from Clinical Cases. *J Neonatol Clin Pediatr* 2021, 8: 066. 5. Minor G et al. Meeting the Nutritional Needs of the Enterally-Fed Child with Neurological Impairment. *J Clin Nutr Diet.* 2020, 6(4:3). 6. National Health and Medical Research Council (NHMRC) Nutrient Reference Values accessed at: <https://www.eatforhealth.gov.au/nutrient-reference-values/nutrients/dietary-fibre> Date: 30/10/2024.

COMPLEAT® Paediatric is a food for special medical purposes, specially formulated for the dietary management of patients with or at risk of malnutrition. Must be used under the supervision of a healthcare professional.

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For more information call **1800 671 628** or visit [www.nestlehealthscience.com.au](http://www.nestlehealthscience.com.au)

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