



PROTEIN

POWER
BOOK

POWERED BY

Complan®

FEB-2025 EDITION

DID YOU KNOW?



**Protein is involved
in making enzymes
and hormones!**



Protein does so much more than build muscles— it's essential for your body's internal superpowers! Did you know it plays a key role in making enzymes and hormones? These regulate vital functions like growth and metabolism, ensuring your child's development stays on track.

Imagine this: every time your child grows a little taller or learns a new skill, protein is behind the scenes making it all happen. It truly is the backbone of growth and overall development!

To make sure your little one is ready to conquer the day, give them the power of balanced nutrition with Complan. It's packed with nutrients, including 63% more protein, to support their growth journey.

Because when your kids are thriving, you know you've made the right choice.

Complan Health Tip

Start the day with a consistent morning routine to build discipline.





Protein Calculator

Protein calculation you didn't know about



1 glass of
Complan

=



Protein in 54 g
of Almonds

1 glass has approximately 33g of Complan powder and 150ml of cow milk



Protein is often underestimated, but its importance for physical growth is undeniable. It's a nutrient you don't want your child to miss.

So, why not give them a glass of Complan every day? It's a quick, delicious way to fuel their growing bodies and help them excel in everything they do.

Spot the Difference!

Take a close look at these two Complan packs. Put on your detective hats and find the 5 differences between them.



Complan Health Tip

Adding fruits like bananas or berries can enhance flavor and nutrition effortlessly.



Banana Choco Delight Smoothie!

Looking for a way to make your little one's mornings more exciting? Try this delicious and energizing Banana Choco Delight Smoothie! It's packed with protein, taste, and love.

INGREDIENTS

- 1 ripe banana
- 1 cup chilled milk
- 3tbsp Complan Royale Chocolate
- A few ice cubes

METHOD

- In a blender, add the banana, chilled milk, Complan Royale Chocolate, and ice cubes.
- Blend until smooth and creamy.
- Pour into a glass and garnish with a sprinkle of cocoa powder or banana slices.
- Your Banana Choco Delight Smoothie is ready to energize your little one!



Complan Health Tip

Add fun physical activities like dancing to keep kids active.





Mommy Journal




When it comes to choosing the right nutrition for your child, there's no one better to trust than a mom.

"When my child was younger, I was naturally concerned about his overall development. Like any mother, I wanted to make the best choices for them, and I chose Complan for its healthy and nutritional value."

Deepali Sood,

Mother of Bunny Sood, Gurgaon



Complan Health Tip

Ensure your child stays hydrated, water plays a vital role in supporting their body's development.



National Science Day

Science is not confined to textbooks – it is woven into every discovery, every experiment, and every question that sparks curiosity.

As we celebrate National Science Day, it's a perfect opportunity to ignite your child's interest in science through interactive learning.



○ THE POWER OF CURIOSITY

This National Science Day, introduce your child to the fascinating world of science!

Let them explore inspiring stories of renowned Indian scientists whose contributions have paved the way for modern innovations. Let's make science exciting, engaging, and something you and your child can't wait to explore. After all, learning is always more fun when it feels like an adventure together!

[Click to read more!](#)

— Complan Health Tip —

Encourage your child to ask questions and explore the world around them to foster a love for learning and discovery.

