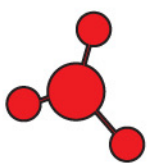




# DID YOU KNOW?

A crucial protein called haemoglobin carries oxygen from your lungs to every part of your body, helping you stay active and alert!



Haemoglobin helps carry oxygen through the body, and protein is what helps form it. That's why every bit matters.

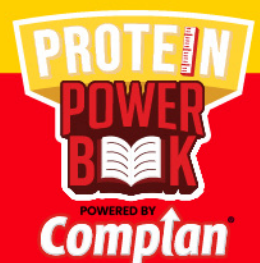
With 63% more protein\*, Complan add more nourishment to your child's day, one glass at a time.

\*than other leading nutrition beverage mixes



## Complan Health Tip

Routine, rest, and movement matter as much as the meal.





# Protein Calculator

A protein match you didn't expect!



1 glass of **Complan**



Protein in **43g of Peanuts**

1 glass of Complan = Protein in 93g of Wheat Flour



Peanuts are a classic, but did you know a single glass of Complan gives your child the same amount of protein as 43g of peanuts? 🥜🥛



No shelling, no measuring, no fuss! Just stir, sip, and go. A simple, everyday way to make milk more meaningful in your child's routine.



## Complan Health Tip

Nutrition works best when spread across meals, throughout the day.





## Complan Fig & Walnut Laddoos

Crunchy, delicious, and made with 63% more protein, these quick Fig & Walnut Laddoos turn everyday milk into a fun tiffin upgrade!

### INGREDIENTS

- Dried fig
- Complan Creamy Classic
- Almond flour
- 1 tbsp crushed walnuts

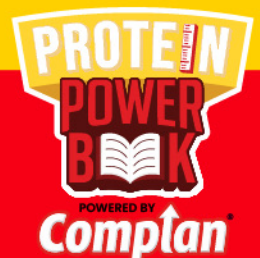
### METHOD

- Soak half a cup of dried figs and then blend them into a paste.
- Add 2 tbsp of Complan Creamy Classic, 1 tbsp of almond flour, and 1 tbsp of crushed walnuts.
- Roll and serve.



### Complan Health Tip

It's not one perfect meal,  
but balanced choices repeated  
every day.





# Mommy Journal



"Complan has made such a positive difference for my son. It gives him the nutrition he needs throughout the day and supports his active routine. The taste is his favourite, so it's easy for me to make it a part of his daily habit. I would definitely recommend it to other moms."

## Batul Sakarwala

Adnan's Mother

Busy days need nutrition that keeps up. Complan delivers 34 vital nutrients in flavours kids love. Thank you, Batul, for sharing Adnan's journey with us.



## Complan Health Tip

Good food fuels growth, focus, and everyday energy.







# LOOK OUT FOR OUR FEBRUARY BLOG POST! CURIOSITY MEETS COLOURS



February is all about innovations, experiments, and creativity!

## Here's what's coming up:

[Click to know more](#)

-  [National Science Day Speech for Students.](#)
-  [Walnuts vs. Peanuts: Which Protein Power to Choose?](#)
-  [Creative Poster Drawing Inspiration for Holi.](#)
-  [10 Best Science Experiments for Kids at Home.](#)

## Complan Health Tip

The best care is planning ahead, sticking to routines, and showing up daily.

