



PROTEIN

POWER
BOOK

POWERED BY

Complan®



JULY-2025 EDITION

DID YOU KNOW?

Your hair and nails are made mostly of a **PROTEIN** called keratin!



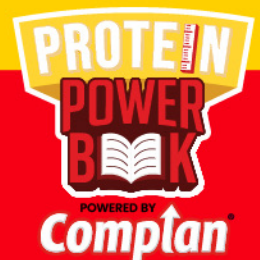
That's right, protein isn't just about muscles; it's the building block of beauty, too! Keratin, the protein that forms your child's hair and nails, plays a key role in their healthy growth.

Choose Complan with 63% more protein to nourish your children from the inside out.

Complan Health Tip

Include vitamin C-rich fruits in your child's diet, as vitamin C helps the body use protein better for healthy hair and nails.

[Learn more about Vitamin C!](#)





Protein Calculator

Protein calculation you didn't know about



1 glass of **Complan**



Protein in **46g of Green gram**

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



Your child might not eat 46g of green gram in one go. But they'll happily drink it.

One glass of Complan (33g powder + 150ml milk) delivers the same amount of protein as 46g of green gram without any fuss.

So, if you're trying to make your child's meals more protein-rich, just add a daily glass of Complan. It's quick, tasty, and does the heavy lifting for you.



Complan Health Tip

Pair Complan with a small serving of soaked almonds or walnuts to give your child healthy fats along with protein for all-around development.



Coconut Date Bites



Chewy, naturally sweet, and packed with protein, these Complan Coconut Date Bites are a perfect addition to your child's tiffin!

These bites deliver nutrients and 63% more protein without refined sugar, making snack time healthier and fuss-free. +

INGREDIENTS

- ½ cup soft dates
- salt
- 1 tsp chopped nuts
- ¼ cup desiccated coconut
- 1 tsp almond or peanut butter
- 2 tsp Complan Kesar badam

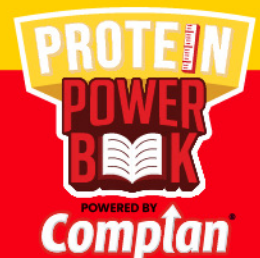
METHOD

- In a mixer, blend the dates until a sticky paste forms.
- Add Complan, coconut, nut butter, and salt. Blend again until smooth.
- Mix in chopped nuts if using.
- Roll into small bite-sized balls and coat with extra coconut.
- Chill for 10–15 minutes before packing into a tiffin box.



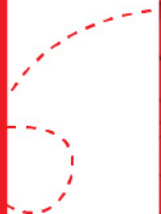
Complan Health Tip

Add a small fruit like banana or orange to their tiffin for added fibre and vitamins that support protein absorption.





Mommy Journal



"As a mom, I'm always looking for ways to make sure Aayansh gets the right nutrition without a fight! Complan has been such a blessing. It's got all the nutrients he needs, and the best part. He loves drinking it. Knowing he enjoys it while it supports his growth, that's a win-win for me."

Krishma Shetty

Mother of Aayansh

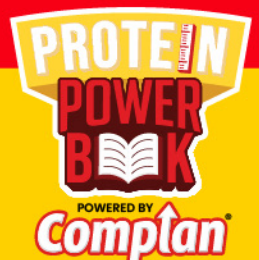


From immunity to concentration, growth to daily motivation, Complan is proud to be part of your child's nutrition journey.



Complan Health Tip

Having regular mealtimes helps children digest and absorb nutrients, including protein, more efficiently.



MONSOON IMMUNITY 101 – STAY POWERED-UP THIS SEASON!



Monsoons bring joy – and germs! But with the right foods and habits, your child's immune system can stay healthy all season long. **+**

From using the right spices to choosing immunity-enhancing fruits, here's how you can build everyday defences at home:

Monsoon Immunity Builder Checklist: ○



Wash hands thoroughly before meals



Drink only boiled or filtered water



Add spices like turmeric, ginger, garlic and cinnamon to meals



Herbal drinks like tulsi & peppermint decoction can help older kids



Include vitamin C-rich fruits like oranges and guavas



Don't forget nuts! They are a great source of zinc and healthy fats



Complan Health Tip

Including a warm, easy-to-digest drink during snack time or breakfast can help provide consistent nourishment, especially when kids feel fussy around food.

