



PROTEIN

POWER
BOOK

POWERED BY

Complan®

JUN-2025 EDITION

DID YOU KNOW?



Protein helps form anti-bodies! Without sufficient antibody synthesis, the immune system may be compromised.



Protein helps form antibodies! Without enough of it, the immune system may not function at its best.

That's right, protein isn't just for muscles, it's essential for immunity too. Your child's natural defence system relies on protein to make antibodies that fight off infections and keep them healthy.

So while it's easy to think of protein as fuel for growth, it's also what helps your child stay protected from within.

Complan offers 63% more protein, making it a smart everyday addition to support immunity and all-around development.

Complan Health Tip

Ensure your child gets enough sleep, as rest is crucial for a healthy immune system.





Protein Calculator

Protein calculation you didn't know about



**1 glass of
Complan**



**Protein in
153g of Peas**

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



Your child might not eat 153g of peas in one go. But they'll happily drink it.

One glass of Complan (33g powder + 150ml milk) delivers the same amount of protein as 153g of peas 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.

Whether they're a picky eater, a slow eater, or just not a fan of vegetables, Complan makes sure their daily nutrition doesn't fall short, because getting enough protein shouldn't have to feel like a struggle for you or for them.



Complan Health Tip

Pair Complan with fibre-rich foods like oats or whole grains for better digestion and absorption.





Complan Power Pancake

Fluffy, delicious, and packed with protein – these pancakes are the perfect way to start your little one's day! Whether it's breakfast or tiffin, these Complan Power Pancakes combine goodness and taste in every bite.

INGREDIENTS

- ½ cup whole wheat flour
- ½ tsp baking powder
- ½ tsp vanilla extract
- ¼ cup Complan Kesar Badam
- ½ cup milk
- Butter

METHOD

- Mix whole wheat flour, Complan and baking powder in a bowl.
- Add milk and vanilla extract. Whisk until smooth.
- Heat a pan, grease it with butter, and pour small portions of batter.
- Cook both sides until golden brown.
- Serve warm with fresh fruit slices.



Complan Health Tip

Add nuts or seeds to this recipe for an extra dose of healthy fats.





Mommy Journal



"As a mother, my child's growth was my top priority. After researching options, I chose Complan for its balanced nutrients. It gave me peace of mind knowing he had the best start in life."

Surbhi Sharma,

Mother of Aaditya Sharma, Delhi

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



Complan Health Tip

Encourage kids to stay hydrated throughout the day. Water supports everything from digestion to focus!



#COMPLANMUGSHOT

We asked. You delivered.

From protein lists to proud little smiles, the #ComplanMugshot Challenge turned everyday nutrition into a nationwide moment.



Kids learned about protein-rich foods

Parents turned meals into teachable moments

Families made healthy eating a celebration

As promised, here are some of our tips for you: Add paneer or soya chunks to their paratha, mix nuts into milkshakes, or turn leftover roti into a roll with dal and veggies. Play "Spot the Protein" (where they guess what dish has protein) at dinner or ask them to help build a colourful plate with curd, dal, and salad. And of course, a glass of Complan is always a simple way to add more protein to their day!

Complan Health Tip

Learning about food can make kids more curious (and less fussy!) at mealtimes. Let them help with shopping or cooking to build healthier habits.

