

PURA Tone - no fat⁺

High in protein and calcium

Serving Size: 250 mL

	Average Quantity per 250 mL Serving	% DI [#] per serve	Average Quantity per 100 mL
Energy	408 kJ (98 Cal)	5%	163 kJ (39 Cal)
Protein	10.0 g	20%	4.0 g
Fat ⁺ , total	0.25 g	0.4%	0.1 g
- Saturated	0.15 g	0.6%	0.06 g
- Trans	0.01 g	-	<0.01g
- Polyunsaturated	0.01 g	-	<0.01 g
- Monounsaturated	0.07 g	-	0.03g
Cholesterol ⁺⁺	Nil		Nil
Carbohydrate, total	13.5 g	4%	5.4 g
- Sugars	13.5 g	15%	5.4 g
Sodium	125 mg	5%	50 mg
Calcium	350 mg	(44%RDI*)	140 mg

Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

* Recommended Dietary Intake

+ contains less than 0.15g fat per 100mL

++ contains less than 3mg cholesterol per 100mL

Ingredients Declaration:

SKIM MILK, MILK SOLIDS NON FAT

ADVISORY STATEMENT

NOT SUITABLE AS A COMPLETE MILK FOOD FOR CHILDREN UNDER THE AGE OF TWO YEARS.