

# PURA HiLo

High calcium, reduced fat<sup>+</sup>

Serving Size: 250 mL

	Average Quantity per 250 mL Serving	% DI <sup>#</sup> per serve	Average Quantity per 100 mL
Energy	485 kJ (116 Cal)	6%	194 kJ (46 Cal)
Protein	8.8 g	18%	3.5 g
Fat, total - Saturated	3.5 g 2.3 g	5% 10%	1.4 g 0.9 g
Carbohydrate, total - Sugars	12.3 g 12.3 g	4% 14%	4.9 g 4.9 g
Sodium	110 mg	5%	44 mg
Calcium	330 mg	(41%RDI*)	132 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

+55% less fat than regular milk

**Ingredients Declaration:**

REDUCED FAT+ MILK

NUTRITIONAL VALUES MAY VARY DUE TO SEASONAL CONDITIONS

**ADVISORY STATEMENT**

NOT SUITABLE AS A COMPLETE MILK FOOD FOR CHILDREN UNDER THE AGE OF 2 YEARS.