

PURA Original

Serving Size: 250 mL

	Average Quantity per 250 mL Serving	% DI [#] per serve	Average Quantity per 100 mL
Energy	665 kJ (159 Cal)	8%	266 kJ (64 Cal)
Protein	8.5 g	17%	3.2 g
Fat, total - Saturated	8.5 g 5.8 g	12% 24%	3.4 g 2.3 g
Carbohydrate, total - Sugars	12.0 g 12.0 g	4% 13%	4.8 g 4.8 g
Sodium	110 mg	5%	44 mg
Calcium	320 mg	(40%RDI*)	128 mg
Vitamin A	120 µg	(16%RDI*)	48 µg

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

NUTRITIONAL VALUES MAY VARY DUE TO SEASONAL CONDITIONS