

PURA Kids

Serving Size: 250 mL

	Average Quantity per 250 mL Serving	% DI [#] per serve	Average Quantity per 100 mL
Energy	663 kJ (158 Cal)	265 kJ (63 Cal)	Energy
Protein	8.0 g	3.2 g	Protein
Fat, Total - Saturated - Trans - Polyunsaturated - Monounsaturated - Omega-3 - DHA - EPA	8.5 g 5.5 g 0.43 g 0.35 g 2.2 g 30 mg (75%AI*) 25mg 5 mg	3.4 g 2.2 g 0.17 g 0.14 g 0.88 g 12 mg 10 mg 2 mg	Fat, Total - Saturated - Trans - Polyunsaturated - Monounsaturated - Omega-3 - DHA - EPA
Carbohydrate, total - Sugars	12 g 12 g	4.8g 4.8g	Carbohydrate, total - Sugars
Sodium	103 mg	41.3 mg	Sodium
Calcium	295 mg (42% RDI*)	118 mg	Calcium

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

Ingredients Declaration:

MILK, OMEGA-3 OIL (FISH), EMULSIFIER (SOY LECITHIN), ANTIOXIDANT (VITAMIN E).