

Pura Boost

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 4 SERVING SIZE: 250 mL

	AVE. QTY PER 250 mL SERVE	AVE. QTY PER 100 mL
ENERGY	603 kJ (143 Cal)	241 kJ (57 Cal)
PROTEIN	11.3 g	4.5 g
FAT, TOTAL	3.5 g	1.4 g
- SATURATED	2.3 g	0.9 g
CARBOHYDRATE, TOTAL	16.8 g	6.7 g
- SUGARS	16.8 g	6.7 g
SODIUM	125 mg	50 mg
CALCIUM	500 mg (MIN 50% RDI*)	200 mg
FOLATE	100 ug (50% RDI*)	40 ug
VITAMIN D	1.25 ug (12.5% RDI*)	0.5 ug
PHOSPHORUS	370 mg (37% RDI*)	148 mg

* RECOMMENDED DIETARY INTAKE

+ REGULAR MILK CONTAINS 114 mg OF CALCIUM
3.3 g OF PROTEIN AND 0.05 µg OF VITAMIN D PER 100 mL

FORMULATED SUPPLEMENTARY FOOD

A PASTEURISED, LOW FAT MILK BEVERAGE TO SUPPLEMENT YOUR DIET
IN TIMES OF NUTRITIONAL INADEQUACY

INGREDIENTS: LOW FAT MILK, MILK SOLIDS NON FAT, VEGETABLE GUMS
(460,407,466), FOLIC ACID, VITAMIN D.

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



with a great
creamy taste



36% more protein
than regular milk⁺



70% more calcium
than regular milk⁺



10 times more Vitamin D
than regular milk⁺