

Pura Cafe

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 4 SERVING SIZE: 250 mL

	AVE. QTY PER 250 mL SERVE	AVE. QTY PER 100 mL
ENERGY	760 kJ (180 Cal)	304 kJ (72 Cal)
PROTEIN	10.5 g	4.2 g
FAT, TOTAL	8.3 g	3.3 g
- SATURATED	5.3 g	2.1 g
CARBOHYDRATE, TOTAL	16.3 g	6.5 g
- SUGARS	16.3 g	6.5 g
SODIUM	135 mg	54 mg
CALCIUM	365 mg (46% RDI*)	146 mg

* RECOMMENDED DIETARY INTAKE

REGULAR MILK CONTAINS 3.3 g OF PROTEIN PER 100 mL

INGREDIENTS: MILK, MILK SOLIDS NON FAT



*27% more
protein than
regular milk #
for strong,
consistent foam*



*46% of your
RDI in just one
250mL serve*



*with all
the goodness
of milk*