

# Pura Gold

## NUTRITION INFORMATION

SERVINGS PER PACKAGE: 4.4    SERVING SIZE: 250 mL

	AVE. QTY PER 250 mL SERVE	AVE. QTY PER 100 mL
ENERGY	785 kJ (188 Cal)	314 kJ (75 Cal)
<b>PROTEIN</b>	<b>8.0 g</b>	<b>3.2 g</b>
<b>FAT, TOTAL</b>	<b>12.0 g</b>	<b>4.8 g</b>
- SATURATED	7.8 g	3.1 g
CARBOHYDRATE, TOTAL	12.0 g	4.8 g
- SUGARS	12.0 g	4.8 g
SODIUM	110 mg	44 mg
<b>CALCIUM</b>	<b>286 mg (36% RDI*)</b>	<b>115 mg</b>

\* RECOMMENDED DIETARY INTAKE

INGREDIENTS: MILK, CREAM



*with an  
extra dash  
of cream*



*36% of your  
RDI in just one  
250mL serve*



*16% of your  
RDI in just one  
250mL serve*