

Pura HiLo

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 4 SERVING SIZE: 250 mL

	AVE. QTY PER 250 mL SERVE	AVE. QTY PER 100 mL
ENERGY	498 kJ (120 Cal)	199 kJ (48 Cal)
PROTEIN	9.0 g	3.6 g
FAT, TOTAL *	3.5 g	1.4 g
- SATURATED	2.3 g	0.9 g
CARBOHYDRATE, TOTAL	12.8 g	5.1 g
- SUGARS	12.8 g	5.1 g
SODIUM	110 mg	44 mg
CALCIUM	310 mg (39% RDI)**	124 mg

** RECOMMENDED DIETARY INTAKE

INGREDIENTS: LOW FAT MILK*, MILK SOLIDS NON FAT

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



*with a great
creamy taste*



*39% of your calcium RDI
in just one 250mL glass*



*18% of your protein RDI
in just one 250mL glass*



Low Glycaemic Index