

# Pura Milk

## NUTRITION INFORMATION

SERVINGS PER PACKAGE: 4		SERVING SIZE: 250 mL	
	AVE. QTY PER 250 mL SERVE	AVE. QTY PER 100 mL	
ENERGY	662 kJ (156 Cal)	265 kJ (63 Cal)	
PROTEIN	8.0 g	3.2 g	
FAT, TOTAL	8.5 g	3.4 g	
- SATURATED	5.5 g	2.2 g	
CARBOHYDRATE, TOTAL	12.2 g	4.9 g	
- SUGARS	12.2 g	4.9 g	
SODIUM	110 mg	44 mg	
CALCIUM	295 mg (37% RDI*)	118 mg	
VITAMIN A	120 µg (16% RDI*)	48 µg	
RIBOFLAVIN - VITAMIN B2	500 µg (29% RDI*)	200 µg	
PHOSPHORUS	232 mg (23% RDI*)	93 mg	

\* RECOMMENDED DIETARY INTAKE



37% of your RDI in  
just one 250mL glass



For healthy eyes  
and skin



16% of your RDI in  
just one 250mL glass



To assist in  
energy release