

## Pura Tone

### NUTRITION INFORMATION

SERVINGS PER PACKAGE: 4      SERVING SIZE: 250 mL

	AVE. QTY PER 250 mL SERVE	AVE. QTY PER 100 mL
ENERGY	408 kJ (98 Cal)	163 kJ (39 Cal)
PROTEIN	10.0 g	4.0 g
<b>FAT, TOTAL *</b>	<b>0.25 g</b>	<b>0.1 g</b>
- SATURATED	0.15 g	0.06 g
- TRANS	0.01 g	<0.01 g
- POLYUNSATURATED	0.01 g	<0.01 g
- MONOUNSATURATED	0.07 g	0.03 g
CHOLESTEROL †	Nil mg	Nil mg
CARBOHYDRATE, TOTAL	13.5 g	5.4 g
- SUGARS	13.5 g	5.4 g
SODIUM	125 mg	50 mg
CALCIUM	350 mg (44% RDI**)	140 mg

\* CONTAINS LESS THAN 0.15 g FAT PER 100 mL

† CONTAINS LESS THAN 3 mg CHOLESTEROL PER 100 mL

\*\* RECOMMENDED DIETARY INTAKE

† GLYCAEMIC INDEX

INGREDIENTS: SKIM MILK, MILK SOLIDS NON FAT

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



No cholesterol



44% of your RDI in just  
one 250mL glass



20% of your  
daily needs



Low Glycaemic  
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