

PURA®

Milk is a nutrient powerhouse, containing a range of proteins.

Here at Pura, the milk comes first.

That's why we have developed a **new and specialised test** to be able to tell you that

***Pura milk naturally contains A2 protein, as well as A1 protein. Of those proteins, our tests to date confirm that 50-70% is A2.**

Of course, it's made here in South Australia and it's Permeate Free – so it's less processed and simply delicious.

For more information visit www.pura.com.au

NUTRITIONAL VALUES MAY VARY DUE TO SEASONAL CONDITIONS.

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

REFRIGERATE BELOW 4°C

OUR MILK IS PROUDLY PRODUCED FRESH EVERY DAY IN SALISBURY SA.

FARMERS UNION, 31-35 GEORGE STREET THEBARTON, SA 5031

CONSUMER ENQUIRIES (AUSTRALIA)

PHONE 1800 677 852

(FREE CALL)

PRODUCT OF AUSTRALIA



Please recycle where possible



39% of your daily needs in just one 250mL glass



18% of your daily needs in just one 250mL glass

NUTRITION INFORMATION (AVERAGE)

SERVINGS PER PACKAGE: 8

SERVING SIZE: 250mL

	PER 250mL SERVING	% DAILY INTAKE# PER SERVING	PER 100mL
ENERGY	458 kJ (110 Cal)	5 %	183 kJ (44 Cal)
PROTEIN	9.0 g	18 %	3.6 g
- A2 BETA CASEIN	1.7 g		0.7 g
- A1 BETA CASEIN	0.9 g		0.4 g
FAT, TOTAL	2.5 g	4 %	1.0 g
- SATURATED	1.5 g	6 %	0.6 g
CARBOHYDRATE	12.5 g	4 %	5.0 g
- SUGARS	12.5 g	14 %	5.0 g
SODIUM	113 mg	5 %	45 mg
CALCIUM	315 mg	39 % RDI^	126 mg

#PERCENTAGE DAILY INTAKES ARE BASED ON AN AVERAGE ADULT DIET OF 8700kJ. YOUR DAILY INTAKES MAY BE HIGHER OR LOWER DEPENDING ON YOUR ENERGY NEEDS.

^RECOMMENDED DIETARY INTAKE.

HOMOGENISED AND PASTEURISED

LOW FAT MODIFIED MILK

INGREDIENTS: LOW FAT MILK, MILK SOLIDS NON FAT



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