

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
HOMOGENISED AND PASTEURISED
REDUCED FAT⁺ MILK
INGREDIENTS: REDUCED FAT⁺ MILK,
MILK SOLIDS NON FAT
NOT SUITABLE AS A COMPLETE MILK FOOD
FOR CHILDREN UNDER THE AGE OF TWO YEARS
ONLY 1.4% FAT⁺

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



1/3 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	485 kJ (115 Cal)	6 %	194 kJ (46 Cal)
PROTEIN	8.8 g	18 %	3.5 g
- A2 BETA CASEIN	1.7 g		0.7 g
- A1 BETA CASEIN	0.9 g		0.4 g
FAT, TOTAL ⁺	3.5 g	5 %	1.4 g
- SATURATED	2.3 g	9 %	0.9 g
CARBOHYDRATE	12.3 g	4 %	4.9 g
- SUGARS	12.3 g	14 %	4.9 g
SODIUM	110 mg	5 %	44 mg
CALCIUM	325 mg	41 % RDI [^]	130 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

⁺58% LESS FAT THAN REGULAR MILK. REGULAR MILK CONTAINS 3.4g FAT PER 100mL



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