

# 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](http://www.pura.com.au)

NUTRITIONAL VALUES MAY VARY  
DUE TO SEASONAL CONDITIONS  
HOMOGENISED AND PASTEURISED  
MODIFIED SKIM MILK

INGREDIENTS: SKIM MILK,  
MILK SOLIDS NON FAT  
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

44% of your daily  
needs in just one  
250mL glass

20% 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	408 kJ (98 Cal)	5 %	163 kJ (39 Cal)
PROTEIN	10.0 g	20 %	4.0 g
- A2 BETA CASEIN	1.9 g		0.8 g
- A1 BETA CASEIN	1.0 g		0.4 g
FAT, TOTAL <sup>+</sup>	0.25 g	0.4 %	0.1 g
- SATURATED	0.15 g	0.6 %	0.06 g
- TRANS	0.01 g		<0.01 g
- POLYUNSATURATED	0.01 g		<0.01 g
- MONOUNSATURATED	0.07 g		0.03 g
CARBOHYDRATE	13.5 g	4 %	5.4 g
- SUGARS	13.5 g	15 %	5.4 g
SODIUM	125 mg	5 %	50 mg
CALCIUM	350 mg	44 % RDI <sup>^</sup>	140 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. <sup>^</sup>RECOMMENDED DIETARY INTAKE <sup>+</sup>CONTAINS LESS THAN 0.15g FAT PER 100mL



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