

Alula Gold Stage 2 Follow-on



Alula Gold Stage 2 Follow-on NUTRITION INFORMATION

Refer to pack for feeding guide and ingredient list.

Average per 100mL as prepared (13.0g + 90mL water)		
Energy	273	kJ
Protein	1.30	g
50% Whey	0.65	g
50% Casein	0.65	g
Fat	3.49	g
Sn-2 Palmitate	0.32	g
Omega 3		
DHA	12	mg
α-Linolenic Acid (ALA)	58	mg
Omega 6		
AA	12	mg
Linoleic Acid (LA)	552	mg
Carbohydrate	7.19	g
Vitamins		
Vitamin A	61.5	µg
Vitamin B ₁	51	µg
Vitamin B ₂	173	µg
Vitamin B ₆	40	µg
Vitamin B ₁₂	0.25	µg
Vitamin C	8.5	mg
Vitamin D	1.25	µg
Vitamin E	0.67	mg
Vitamin K	3.4	µg
Biotin	1.5	µg
Folate	10	µg
Niacin	400	µg
Pantothenic Acid	350	µg
Minerals		
Calcium	76	mg
Chloride	68	mg
Copper	60	µg
Iodine	13	µg
Iron	1.2	mg
Magnesium	8.5	mg
Manganese	35	µg
Phosphorus	51	mg
Potassium	98	mg
Selenium	1.8	µg
Sodium	32	mg
Zinc	0.42	mg
Choline	10	mg
Inositol	4.5	mg
Lutein	9.6	µg
Nucleotides	2.6	mg
Taurine	4.7	mg

Contains milk and soy.

Want to find out more.



Phone: 0800 552 229 or visit: www.alula.co.nz

Contact hours: 11am – 7pm

Ingredients list

Milk solids, vegetable oils (including esterified and **soybean**), long-chain polyunsaturated fatty acids from single-cell sources (arachidonic acid [AA], docosahexaenoic acid [DHA] contain **milk**), emulsifier (**soy** lecithin), L-cysteine, choline, taurine, nucleotides (cytidine-5¹-monophosphate, disodium uridine-5¹-monophosphate, adenosine-5¹-monophosphate, disodium inosine-5¹-monophosphate, disodium guanosine-5¹-monophosphate), L-histidine, L-typtophan, lutein, antioxidants (mixed tocopherols concentrate, ascorbyl palmitate), inositol.





Minerals: Calcium, potassium, chloride, phosphorus, sodium, magnesium, iron, zinc, copper, manganese, iodine, selenium.

Vitamins: Vitamin C, vitamin B₂, vitamin E, vitamin A, vitamin D, niacin, pantothenic acid, vitamin B₁₂, folic acid, biotin, vitamin K, vitamin B₁, vitamin B₆.

Contains milk and soy.

The protein source of **Alula Gold Stage 2 Follow-on Formula** is cow's milk.

Feeding/Serving guide table

 BABY'S AGE	 PRE-BOILED WATER (mL)	 LEVEL SCOOPS OF POWDER	 SUGGESTED FEEDS PER DAY
6 - 12 months	180	3	4-5

Your baby may need more or less than indicated. Ideally, formula should be prepared just prior to feeding. Otherwise, refrigerate prepared formula and use within 24 hours. Not to be used for infants under 6 months. From 6 months, infants should be offered solid food in addition to this formula.

How to prepare

- 1 Always wash and dry hands before preparing formula. Wash bottles, teats, caps, cups and spoon.



WASH WELL



- 2 After washing, sterilise by boiling for 5 minutes. Keep bottles or cups capped until use.



- 3 Boil fresh drinking water for 5 minutes. Allow boiled water to cool to lukewarm. Consult **Feeding Guide** for quantities of water and formula.



- 4 Prepare each bottle individually. Pour in required amount of lukewarm water.



- 5 Fill the scoop with **Alula Gold Stage 2** and level off on the side of the can. Only the enclosed scoop should be used. Always add 1 scoop (8.7g) per 60mL water.



- 6 Cap bottle and shake or stir formula in cup. Test temperature on wrist before feeding. Formula left in the bottle or cup after a feed must be discarded.



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