Alula Gold Stage 4 Junior



Alula Gold Stage 4 Junior NUTRITION INFORMATION

Refer to pack for serving guide and ingredient list.

Formulated supplementary food for young children. Serves per can: Approx. 27 Serve size: Approx. 225mL (32.4g + 200mL water) Per serve (225mL) Per per per per per serve (1-3 yrs) % RDI¹ per serve (1-3 yrs) Energy kJ 624 277 Protein g 3.15 1.4 Fat, total g 6.39 2.84 Saturated g 1.26 0.56 Trans g 0.05 0.02 Polyunsaturated g 2.52 1.12 Total Omega 3 mg 413 184 DHA mg 30 13.3 α-Linolenic Acid (ALA) mg 380 169 Monounsaturated g 2.23 0.99 Carbohydrate g 19 8.43 Sugars g 19 8.43 Dietary Fibre g 1.35 0.60 Sodium mg 0.25 0.11 50 Vitamins mg 0.40 0.18 50 <t< th=""><th colspan="6">Refer to pack for serving guide and ingredient list.</th></t<>	Refer to pack for serving guide and ingredient list.							
Serve size: Approx. 225mL (32.4g + 200mL water) Per serve (225mL) Per per serve 100mL per serve (1-3 yrs) Energy kJ 624 277 Protein g 3.15 1.4 Fat, total g 6.39 2.84 Saturated g 1.26 0.56 Trans g 0.05 0.02 Polyunsaturated g 2.52 1.12 Total Omega 3 mg 413 184 DHA mg 30 13.3 α-Linolenic Acid (ALA) mg 380 169 Monounsaturated g 2.23 0.99 Carbohydrate g 19 8.43 Sugars g 19 8.43 Sugars g 19 8.43 Vitamins Vitamins vitamin B mg 0.25 0.11 50 Vitamin B ₁ mg 0.25 0.11 50 0 15 15 Vitamin B ₁ mg	Formulated supplement	Formulated supplementary food for young children.						
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Dietary Fibre g 1.35 0.60 Sodium mg 35 15 Vitamins Vitamin A μg 101 45 34 Vitamin B₁ mg 0.25 0.11 50 Vitamin B₂ mg 0.40 0.18 50 Vitamin B₀ mg 0.35 0.16 50 Vitamin B₁₂ μg 0.50 0.22 50 Vitamin C mg 15 6.7 50 Vitamin D μg 1.6 0.73 32 Vitamin E mg 2.5 1.1 50 Folate μg 50 22 50 Niacin mg 2.5 1.1 50 Minerals Calcium mg 248 110 35 Iodine μg 35 16 50 Iron mg 3.0 1.3 50 Magnesium mg 22.5	Carbohydrate	g	19	8.43				
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$\begin{array}{c ccccccccccccccccccccccccccccccccccc$		g	1.35	0.60				
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	Sodium	mg	35	15				
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$\begin{array}{cccccccccccccccccccccccccccccccccccc$	Vitamin A	μg	101	45	34			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	Vitamin B ₁		0.25	0.11	50			
Vitamin B ₁₂ μg 0.50 0.22 50 Vitamin C mg 15 6.7 50 Vitamin D μg 1.6 0.73 32 Vitamin E mg 2.5 1.1 50 Folate μg 50 22 50 Niacin mg 2.5 1.1 50 Minerals Calcium mg 248 110 35 lodine μg 35 16 50 Iron mg 3.0 1.3 50 Magnesium mg 22.5 10 28 Phosphorus mg 180 80 36 Zinc mg 1.1 0.5 25	Vitamin B ₂	mg	0.40	0.18	50			
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Vitamin C mg 15 6.7 50 Vitamin D μg 1.6 0.73 32 Vitamin E mg 2.5 1.1 50 Folate μg 50 22 50 Niacin mg 2.5 1.1 50 Minerals Calcium mg 248 110 35 Iodine μg 35 16 50 Iron mg 3.0 1.3 50 Magnesium mg 22.5 10 28 Phosphorus mg 180 80 36 Zinc mg 1.1 0.5 25	Vitamin B ₁₂	μg	0.50	0.22	50			
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Niacin mg 2.5 1.1 50 Minerals Calcium mg 248 110 35 Iodine μg 35 16 50 Iron mg 3.0 1.3 50 Magnesium mg 22.5 10 28 Phosphorus mg 180 80 36 Zinc mg 1.1 0.5 25	Vitamin E	mg	2.5	1.1	50			
Minerals Calcium mg 248 110 35 Iodine μg 35 16 50 Iron mg 3.0 1.3 50 Magnesium mg 22.5 10 28 Phosphorus mg 180 80 36 Zinc mg 1.1 0.5 25	Folate	μg	50	22	50			
Calcium mg 248 110 35 Iodine μg 35 16 50 Iron mg 3.0 1.3 50 Magnesium mg 22.5 10 28 Phosphorus mg 180 80 36 Zinc mg 1.1 0.5 25	Niacin	mg	2.5	1.1	50			
Iodine μg 35 16 50 Iron mg 3.0 1.3 50 Magnesium mg 22.5 10 28 Phosphorus mg 180 80 36 Zinc mg 1.1 0.5 25	Minerals							
Iron mg 3.0 1.3 50 Magnesium mg 22.5 10 28 Phosphorus mg 180 80 36 Zinc mg 1.1 0.5 25	Calcium	mg	248	110	35			
Magnesium mg 22.5 10 28 Phosphorus mg 180 80 36 Zinc mg 1.1 0.5 25	lodine	μg	35	16	50			
Phosphorus mg 180 80 36 Zinc mg 1.1 0.5 25	Iron	mg	3.0		50			
Zinc mg 1.1 0.5 25	_	mg	22.5	10	28			
<u> </u>	' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '	mg						
Lutein µg 45 20	Zinc	mg	1.1	0.5	25			
	Lutein	μg	45	20				

All quantities are expressed as averages †Recommended Dietary Intake (Food Standards Code) 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 soybean), oligofructose, long-chain polyunsaturated fatty acids from single-cell sources (docosahexaenoic acid [DHA] contain milk), emulsifier (soy lecithin), lutein, antioxidants (mixed tocopherols concentrate, ascorbyl palmitate).

Minerals: Calcium, phosphorus, magnesium, iron, zinc, iodine.

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

Contains milk and soy.

Alula Gold Stage 4 Premium Milk Drink has no artificial colours, flavours or preservatives.

Feeding/Serving guide table

			DAILY SERVES
CHILD'S AGE	WATER (mL)	LEVEL SCOOPS OF POWDER	SUGGESTED SERVES PER DAY*
2+ yrs	200	4	1-2

*"Suggested Serves per Day" is provided as a guide when your child's intake of energy and nutrients may not be adequate. Use only the enclosed scoop in th preparation of a drink. Discard any unfinished serves.

How to prepare

As a drink

Pour 200mL of water into a cup or shaker and add 4 scoops of **Alula Gold Stage 4** powder. Shake or stir until dissolved.



As a yummy fruit smoothie

Pour 200mL of water into a blender. Add 4 scoops of **Alula Gold Stage** 4 powder plus your choice of fruit e.g. banana. Blend well and serve. Freeze to make into fruity ice blocks.



As a substitute

Replace regular cow's milk with Alula Gold Stage 4 when preparing cereals for breakfast, baking treats or cooking meals for your child.



Want to find out more.



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