

# ALULA GOLD STAGE 3



## Alula Gold Stage 3 NUTRITION INFORMATION

Refer to pack for serving guide and ingredient list.

Formulated supplementary food for young children 12 months and over.				
Serves per can: Approx. 30 Serve size: Approx. 220mL (30g + 200mL water)		Per serve (220mL)	Per 100mL	% RDI* per serve (1-3 yrs)
Energy	kJ	594	270	
Protein	g	2.86	1.30	
Fat, total	g	6.25	2.84	
Saturated	g	1.23	0.56	
Trans	g	0.04	0.02	
Polyunsaturated	g	2.46	1.12	
Total Omega 3	mg	403	183	
DHA	mg	30.1	13.7	
α-Linolenic Acid (ALA)	mg	372	169	
Monounsaturated	g	2.18	0.99	
Carbohydrate	g	18.5	8.42	
Sugars	g	18.5	8.42	
Lactose	g	18.5	8.42	
Sucrose	g	0	0	
Dietary Fibre	g	0	0	
Sodium	mg	32	15	
<b>Vitamins</b>				
Vitamin A	µg	105	48	35
Vitamin B <sub>1</sub>	mg	0.25	0.11	50
Vitamin B <sub>2</sub>	mg	0.40	0.18	50
Vitamin B <sub>6</sub>	mg	0.35	0.16	50
Vitamin B <sub>12</sub>	µg	0.50	0.23	50
Vitamin C	mg	15	6.8	50
Vitamin D	µg	1.7	0.78	34
Vitamin E	mg	2.5	1.1	50
Folate	µg	50	23	50
Niacin	mg	2.5	1.1	50
<b>Minerals</b>				
Calcium	mg	240	109	34
Iodine	µg	35	16	50
Iron	mg	3.0	1.4	50
Magnesium	mg	22	10	28
Phosphorus	mg	175	80	35
Zinc	mg	1.1	0.50	25
Lutein	µg	44	20	

Want to find out more.



Phone: 1800 552 229

Or visit: [www.alula.com.au](http://www.alula.com.au)  
[www.meandmychild.com.au](http://www.meandmychild.com.au)

All quantities are expressed as averages  
\*Recommended Dietary Intake (Food Standards Code)

**Contains milk and soy.**