

Alula Gold Junior

2 years+



NUTRITION INFORMATION

Refer to pack for feeding 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 100mL	%RDI† Per Serve (1-3 yrs)
Energy	620 kJ	275 kJ	
Protein	3.15 g	1.4 g	
Fat, total	6.39 g	2.84 g	
Saturated	1.26 g	0.56 g	
Trans	0.05 g	0.02 g	
Polyunsaturated	2.52 g	1.12 g	
Total Omega 3	413 mg	184 mg	
DHA	30 mg	13.3 mg	
α-Linolenic Acid (ALA)	380 mg	169 mg	
Monounsaturated	2.23 g	0.99 g	
Carbohydrate	19 g	8.43 g	
Sugars	19 g	8.43 g	
Dietary fibre	0.9 g	0.4 g	
Sodium	35 mg	15 mg	

Vitamins

Vitamin A	101 µg	45 µg	34
Vitamin B ₁	0.25 mg	0.11 mg	50
Vitamin B ₂	0.40 mg	0.18 mg	50
Vitamin B ₆	0.35 mg	0.16 mg	50
Vitamin B ₁₂	0.50 µg	0.22 µg	50
Vitamin C	15 mg	6.7 mg	50
Vitamin D	1.6 µg	0.73 µg	32
Vitamin E	2.5 mg	1.1 mg	50
Folate	50 µg	22 µg	50
Niacin	2.5 mg	1.1 mg	50

Minerals

Calcium	248 mg	110 mg	35
Iodine	35 µg	16 µg	50
Iron	3.0 mg	1.3 mg	50
Magnesium	22.5 mg	10 mg	28
Phosphorus	180 mg	80 mg	36
Zinc	1.1 mg	0.50 mg	25

Lutein	45 µg	20 µg	
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All quantities are expressed as averages.

†Recommended Dietary Intake (Food Standards Code).

Contains milk and soy.



Our Australian-based Careline is on hand to support you with any questions you may have about our products. Our dedicated team are here to help with information on a wide range of topics, including feeding and nutrition. Our Careline is available Monday - Friday 8:30am - 4:30pm AEST on **1800 552 229**.

www.meandmychild.com.au

If you have an urgent question about the health of your child, please contact your health-care professional.



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