

Alula Gold Junior

2 years+



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 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.



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. 220mL (32.4g + 200mL water)	Per Serve (220mL)	Per 100mL	%RDI* Per Serve (1-3 yrs)
Energy	637 kJ	289 kJ	
Protein	3.2 g	1.4 g	
Fat, total	6.8 g	3.1 g	
Saturated	1.3 g	0.6 g	
Trans	0.05 g	0.02 g	
Polyunsaturated	2.8 g	1.2 g	
Total Omega 3	448 mg	204 mg	
DHA	60.0 mg	27 mg	
α-Linolenic Acid (ALA)	388 mg	176 mg	
Monounsaturated	2.7 g	1.2 g	
Carbohydrate	18.8 g	8.6 g	
Sugars	18.8 g	8.6 g	
Dietary fibre (total)	1.5 g	0.7 g	
Prebiotics FOS	1.5 g	0.7 g	
Sodium	35 mg	16 mg	

Vitamins

Vitamin A (RE)	101 µg	46 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	0.23 µg	50
Vitamin C	15 mg	6.8 mg	50
Vitamin D	1.6 µg	0.73 µg	32
Vitamin E (TE)	2.5 mg	1.1 mg	50
Folate	50 µg	23 µg	50
Niacin	2.5 mg	1.1 mg	50

Minerals

Calcium	248 mg	113 mg	35
Iodine	35 µg	16 µg	50
Iron	3 mg	1.4 mg	50
Magnesium	22.5 mg	10 mg	28
Phosphorus	180 mg	82 mg	36
Zinc	1.1 mg	0.5 mg	25

Lutein	45 µg	20 µg	
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All quantities are based on averages.

*Recommended Dietary Intake (Food Standards Code).

Contains milk and soy.

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