

# ALULA ADVANCE+ STAGE 4



## Alula Advance+ Stage 4 NUTRITION INFORMATION

Refer to pack for feeding guide and ingredient list.

| Formulated supplementary food.   |    |                      |              |                                  |
|--|----|----------------------|--------------|----------------------------------|
| Serves per can: Approx. 20<br>Serve size: Approx. 250mL<br>(40g + 200mL water) |    | Per serve<br>(250mL) | Per<br>100mL | % RDI*<br>per serve<br>(1-3 yrs) |
| Energy   | kJ | 804                  | 322          |                                  |
| Protein  | g  | 8.5                  | 3.4          |                                  |
| Fat, total   | g  | 10.5                 | 4.2          |                                  |
| Saturated  | g  | 6.8                  | 2.7          |                                  |
| Trans  | g  | 0.46                 | 0.18         |                                  |
| Polyunsaturated  | g  | 0.23                 | 0.092        |                                  |
| Total Omega 3  | mg | 99                   | 40           |                                  |
| DHA  | mg | 60                   | 24           |                                  |
| α-Linolenic Acid (ALA)   | mg | 39                   | 16           |                                  |
| Monounsaturated  | g  | 2.0                  | 0.80         |                                  |
| Carbohydrate   | g  | 15                   | 6.0          |                                  |
| Sugars   | g  | 15                   | 6.0          |                                  |
| Lactose  | g  | 15                   | 6.0          |                                  |
| Dietary Fibre (Total)  | g  | 2.0                  | 0.80         |                                  |
| GOS  | g  | 1.8                  | 0.72         |                                  |
| FOS  | g  | 0.2                  | 0.080        |                                  |
| Sodium   | mg | 115                  | 46           |                                  |
| <b>Vitamins</b>  |    |                      |              |                                  |
| Vitamin A  | µg | 200                  | 80           | 27                               |
| Vitamin B <sub>1</sub>   | mg | 0.30                 | 0.12         | 27                               |
| Vitamin B <sub>2</sub>   | mg | 0.45                 | 0.18         | 26                               |
| Vitamin B <sub>6</sub>   | mg | 0.4                  | 0.16         | 25                               |
| Vitamin B <sub>12</sub>  | µg | 0.58                 | 0.23         | 29                               |
| Vitamin C  | mg | 20                   | 8.0          | 50                               |
| Vitamin D  | µg | 2.5                  | 1.0          | 25                               |
| Vitamin E  | mg | 3.0                  | 1.2          | 30                               |
| Folate   | µg | 62                   | 25           | 31                               |
| Niacin   | mg | 3.0                  | 1.2          | 30                               |
| <b>Minerals</b>  |    |                      |              |                                  |
| Calcium  | mg | 291                  | 116          | 36                               |
| Iodine   | µg | 32                   | 13           | 21                               |
| Iron   | mg | 6.0                  | 2.4          | 50                               |
| Magnesium  | mg | 49                   | 20           | 15                               |
| Phosphorus   | mg | 180                  | 72           | 18                               |
| Zinc   | mg | 3.0                  | 1.2          | 25                               |

Want to find out more.



Phone: 1800 552 229 or visit: [www.alula.com.au](http://www.alula.com.au)

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

**Contains milk and soy.**