

ALULA GOLD STAGE 4



Alula Gold Stage 4 NUTRITION INFORMATION

Refer to pack for serving guide and ingredient list.

Formulated supplementary food for young children.

		Per serve (225mL)	Per 100mL	% RDI† per serve (1-3 yrs)
Serves per can: Approx. 27				
Serve size: Approx. 225mL (32.4g + 200mL water)				
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	35	15	
Vitamins				
Vitamin A	µg	101	45	34
Vitamin B ₁	mg	0.25	0.11	50
Vitamin B ₂	mg	0.40	0.18	50
Vitamin B ₆	mg	0.35	0.16	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
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
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: 1800 552 229

Or visit: www.alula.com.au
www.meandmychild.com.au