



It is always good to know what we are paying for when we choose our brand of milk. For example, what is the quantity of nutrients that are present in our child's milk?

Take a look at this table. Our child can benefit so much more if we evaluate the level of ingredients present.

**100% FULLY IMPORTED**  
NEW ZEALAND MILK POWDER



# BE SMART & UNDERSTAND FOOD LABELS

## Growing Up Milk For Ages 4 5 6

Brand		A	B	C	D	E
AA *	15	X	X	8	6	5.2
Taurine *	55	X	27.8	52	35	X
Folic Acid**	175	64	80	67	106	86
Calcium *	840	750	800	500	425	750

X = not present

For more information call NURAL Careline: 1800 88 0607

\* milligram per 100g. \*\* microgram per 100g.

Based on comparison done on 30<sup>th</sup> September 2009