



Premium milk based infant formula

0-6 MONTHS

Setting a higher standard

At nutura we recognise that breast milk is the most suitable source of nutrition for your baby. However in some situations mothers require an alternative to breast milk. Infant formulas exist to help mothers provide their baby with the nutrition they require for natural growth and development.

From birth to first steps, babies will go through incredible change. As this occurs a baby's nutritional requirements will alter. Nutura infant and toddler formulations have been uniquely formulated to support this unique period of in a baby's development.

Your infants nutritional needs stage 1: Infant formula 0 - 6 months

Stage 1 is a premium enriched milk based formula specially formulated for the feeding of healthy infants up to the age of 6 months.

Our formula is specifically formulated with a scientific blend of vitamins and minerals that provides complete nutrition to help support a baby's growth and development.

Setting a higher standard

Our innovative manufacturing difference * Higher GMP standard Nutura is highly nutritious and made to the strictest standards of safety. All Nutura formulas are manufactured to the Australian government's Therapeutics goods Administrations standards and in a TGA licensed facility. This means that unlike most other formulas

formulas, Nutura is formulated to the same safety standards as medicines and other therapeutic goods.

Quality & care from Australia

Nutura has its own manufacturing site in Melbourne Australia. To create a premium high quality product we consider maintaining control and applying our own high standards to all components of Nuturas development critical. All our dairy is sourced from Australia.



NUTRITIONAL INFORMATION

	unit	100mL Milk Formula (Avg)	100g Milk Powder (Avg)
Energy	kJ	298	2130
	Cal	68	510
Protein	g	1.8	12.8
	Whey 60%		
Casein 40%			
Carbohydrate	g	7.2	51.5
Lactose	g	6.1	43.4
Fat	g	3.9	27.6
Omega Long Chain Polyunsaturated Fatty Acids			
Docosahexaenoic Acid (DHA)			
	mg	12.8	91.7
a-Linolenic Acid	mg	63	449
Arachidonic (ARA)	mg	12.8	91.5
Linoleic Acid	g	0.7	4.89
Vitamins			
Vitamin A	µgRE	91	651
Vitamin B ₆	µg	100	717
Vitamin B ₁₂	µg	0.6	4.0
Vitamin C	mg	27	193
Vitamin D	µg	1.4	9.98
Vitamin E	mg a-TE	1.6	11.1
Vitamin K	µg	9.5	67.8
Biotin	µg	4.1	29.5
Niacin (B ₃)	mg	0.9	6.1
Folate	µg	22.4	160
Pantothenic Acid	µg	784	5600
Riboflavin (B ₂)	µg	248	1774
Thiamin (B ₁)	µg	168	1201
Minerals			
Calcium	mg	66	470
Copper	µg	51	364
Iodine	µg	17	124
Iron	mg	0.9	6.2
Magnesium	mg	7.6	54
Manganese	µg	14.7	105
Phosphorous	mg	47.3	338
Selenium	µg	1.8	12.5
Zinc	mg	0.6	3.9
Chloride	mg	53	381
Potassium	mg	90	640
Sodium	mg	25.1	179
Nutritive Substances			
Choline	mg	13.6	97
Taurine	mg	6.7	47.5
Inositol	mg	4.4	31.4
L-Carnitine	mg	2.2	15.9
Lutein	µg	13	95
Prebiotics			
Fructo-oligosaccharides (FOS)	g	0.3	2.4
Galacto-oligosaccharides (GOS)	g	0.13	0.95

FEEDING GUIDE

Baby's Age	Feeds Per Day	Cooled Boiled Water (mL)	Level Scoops of Powder*
Birth - 1 week	7-9	50	1
1week - 1 month	6-8	100	2
1- 3 months	5-6	150	3
3 -6 months	4-5	200	4

*One scoop is equal to 4.3g.

After 6 months switch to Nutura Follow-on Formula. Follow preparation instructions exactly.

This is a guide only, your baby may need more or less than indicated. Formula should be prepared prior to feeding.

If not convenient, refrigerate prepared formula and use within 24 hours. Formula left in the bottle after feed must be discarded.

Consult a healthcare professional when moving from Step 1 to Step 2 Formula. For all brands of formula it is safer to use immediately after they are prepared. Only use enclosed scoop.

STERILISATION AND PREPARATION



1

Wash your hands before preparation. Sterilise all utensils by boiling in water for 5 minutes. Keep bottles capped until used.



2

Boil drinking water for 5 minutes and allow to cool. Pour required volume of cooled boiled water into sterilised feeding bottle.



3

Each bottle should be prepared individually. Add the required number of softly packed level scoops of Nutura formula according to the feeding guide. Cap bottle and shake until powder is dissolved. Only the enclosed scoop should be used.



4

Test temperature on wrist before feeding. It should be warm. Feed immediately. Do not store. Discard any leftovers.



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