



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 2: Follow-on formula 6 - 12 months

Stage 2 is a premium enriched milk based formula specially formulated for the feeding of healthy infants from the age of 6 to 12 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.

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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, 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.



Premium milk based Follow on formula

6-12 MONTHS



NUTRITIONAL INFORMATION

| | unit | 100mL Milk Formula (Avg) | 100g Milk Powder (Avg) |
|--------------|------|--------------------------|------------------------|
| Energy | kJ | 273 | 1950 |
| | Cal | 65 | 464 |
| Protein | g | 2.5 | 17.9 |
| | | | |
| Whey 40% | | | |
| Casein 60% | | | |
| Carbohydrate | g | 7.3 | 52.3 |
| Lactose | g | 6.5 | 46.6 |
| Fat | g | 2.9 | 20.5 |

Omega Long Chain Polyunsaturated Fatty Acids

| | | | |
|----------------------------|----|------|-----|
| Docosahexaenoic Acid (DHA) | mg | 11.8 | 84 |
| a-Linolenic Acid | mg | 53.2 | 380 |
| Arachidonic (ARA) | mg | 12.0 | 86 |
| Linoleic Acid | g | 0.56 | 4.0 |

Vitamins

| | | | |
|------------------------------|---------|------|------|
| Vitamin A | µgRE | 117 | 836 |
| Vitamin B ₆ | µg | 97 | 693 |
| Vitamin B ₁₂ | µg | 0.45 | 3.2 |
| Vitamin C | mg | 20 | 144 |
| Vitamin D | µg | 1.7 | 12.1 |
| Vitamin E | mg a-TE | 1.6 | 11.1 |
| Vitamin K | µg | 10.6 | 76 |
| Biotin | µg | 5.2 | 37 |
| Niacin (B ₃) | mg | 1.3 | 9.3 |
| Folate | µg | 21 | 150 |
| Pantothenic Acid | µg | 985 | 7040 |
| Riboflavin (B ₂) | µg | 230 | 1640 |
| Thiamin (B ₁) | µg | 128 | 914 |

Minerals

| | | | |
|-------------|----|------|------|
| Calcium | mg | 92 | 660 |
| Copper | µg | 54 | 383 |
| Iodine | µg | 18 | 130 |
| Iron | mg | 1.2 | 8.6 |
| Magnesium | mg | 9 | 64 |
| Manganese | µg | 15.4 | 110 |
| Phosphorous | mg | 66 | 474 |
| Selenium | µg | 1.7 | 12.3 |
| Zinc | mg | 0.7 | 5 |
| Chloride | mg | 74 | 525 |
| Potassium | mg | 117 | 835 |
| Sodium | mg | 30 | 217 |

Nutritive Substances

| | | | |
|-------------|----|------|-----|
| Choline | mg | 17.5 | 125 |
| Taurine | mg | 6.6 | 47 |
| Inositol | mg | 4.6 | 33 |
| L-Carnitine | mg | 2.1 | 15 |
| Lutein | µg | 13 | 93 |

Prebiotics

| | | | |
|--------------------------------|---|------|------|
| Fructo-oligosaccharides (FOS) | g | 0.34 | 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* |
|-------------|---------------|--------------------------|-------------------------|
| 6-9 months | 3-4 | 250 | 5 |
| 9-12 months | 3-4 | 200 | 4 |

*One scoop is equal to 4.3g.

After 12 months switch to Nutura Toddler Formula

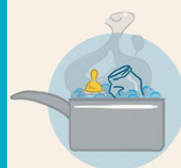
Follow preparation instructions exactly.

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 2 to Step 3 Formula. For all brands of formula it is safer to use immediately after they are prepared. Only use enclosed scoop. Putting your baby to bed with a bottle can lead to tooth decay.

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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