



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 toddlers nutritional needs Stage 3: Toddler formula 12 - 36 months

Stage 3 is a premium enriched milk based formula specially formulated for the feeding of healthy toddlers from the age of 12 to 36 months.

Our formula is specifically formulated with a scientific blend of vitamins and minerals that provides complete nutrition to help support a toddlers 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

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 Toddler formula

12-36 MONTHS



NUTRITIONAL INFORMATION

Nutura Toddler Formula | Servings per package: 25
Serving size: 230mL (36g plus 200mL water)

	unit	Per 230mL Serve	100g Milk Powder (Avg)
Energy	kJ	702	1951
Protein	g	6.7	18.6
Whey	%	40	40
Fat	g	7.9	22.0
Linoleic Acid	g	1.1	3.1
Alpha-Linolenic Acid	mg	99	275
Polyunsaturated Fat	g	1.2	3.3
Monounsaturated Fat	g	2.7	7.5
Saturated Fat	g	3.9	10.8
Trans Fat	g	0.1	0.4
Docosahexaenoic Acid (DHA)	mg	32.4	90
Arachidonic (ARA)	mg	7.2	20
Dietary Fibre	g	0.8	2.1
Fructo-oligosaccharides (FOS)	g	0.3	0.9
Galacto-oligosaccharides (GOS)	g	0.4	1.2
Carbohydrate	g	17.0	47.3
Sodium	mg	90	250
Potassium	mg	306	850

Vitamins

Vitamin A	µgRE	144	400
Vitamin D	µg	2.5	7
Vitamin E	mg α-TE	2.5	7
Vitamin K	µg	20	55
Vitamin B ₁	µg	324	900
Vitamin B ₂	µg	432	1200
Niacinamide	µg	3096	8600
Vitamin B ₆	µg	252	700
Vitamin B ₁₂	µg	1.1	3.0
Biotin	µg	9	25
Pantothenic Acid	µg	2088	5800
Folic Acid	µg	54	150
Vitamin C	mg	17	48
Choline	mg	45	125
L- Carnitine	mg	4	12
Taurine	mg	11	30
Inositol	mg	10	28
Lutein	µg	72	200
β-Carotene	µg	39	107

Minerals

Calcium	mg	274	760
Phosphorous	mg	198	550
Magnesium	mg	24	68
Iodine	µg	43	120
Iron	mg	2.2	6.1
Zinc	mg	1.6	4.5
Selenium	µg	4.3	12
Chloride	mg	187	520
Copper	µg	90	250
Manganese	µg	34	95

FEEDING GUIDE

Baby's Age	Feeds Per Day	Cooled Boiled Water (mL)	Level Scoops of Powder*
12 months +	2	200	6

*One scoop is equal to 6g.

After 36 months switch to Nutura Growing Up 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 3 to Step 4 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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