



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 Child's nutritional needs Stage 4: Growing up formula 36 months +

Stage 4 is a premium enriched milk based formula specially formulated for the feeding of Children from the age of 3 years.

Our formula is specifically formulated with a scientific blend of vitamins and minerals that provides complete nutrition to help support a child'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 Therapeutic 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 Growing up formula

3+ YEARS



NUTRITIONAL INFORMATION

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

	unit	Per 230mL Serve	100g Milk Powder (Avg)
Energy	kJ	653	1815
Protein	g	8.5	23.5
Fat	g	5.4	15
Linoleic Acid	g	0.8	2.2
Alpha-Linolenic Acid	mg	72	200
Polyunsaturated Fat	g	0.9	2.6
Monounsaturated Fat	g	1.9	5.2
Saturated Fat	g	2.5	7.0
Trans Fat	g	0.1	0.2
Docosahexaenoic Acid (DHA)	mg	18	50
Arachidonic (ARA)	mg	3.6	10
Dietry Fibre	g	0.6	1.7
Fructo-oligosaccharides (FOS)	g	0.3	0.85
Galacto-oligosaccharides (GOS)	g	0.3	0.85
Carbohydrate	g	17.9	49.8
Sodium	mg	119	330
Potassium	mg	353	980

Vitamins

Vitamin A	µgRE	140	390
Vitamin D	µg	2.5	7
Vitamin E	mg α-TE	2.3	6.5
Vitamin K	µg	17.3	48
Vitamin B ₁	µg	288	800
Vitamin B ₂	µg	432	1200
Niacinamide	µg	2448	6800
Vitamin B ₆	µg	310	860
Vitamin B ₁₂	µg	1.2	3.2
Biotin	µg	10.1	28
Pantothenic Acid	µg	1728	4800
Folic Acid	µg	67	185
Vitamin C	mg	18	49
Choline	mg	43	120
L- Carnitine	mg	4.3	12
Taurine	mg	7.2	20
Inositol	mg	10	28
Lutein	µg	54	150
β-Carotene	µg	28	78

Minerals

Calcium	mg	317	880
Phosphorous	mg	234	650
Magnesium	mg	40	110
Iodine	µg	43	120
Iron	mg	3.2	9
Zinc	mg	2.3	6.3
Selenium	µg	4.5	12.5
Chloride	mg	245	680
Copper	µg	72	200
Manganese	µg	34	95

FEEDING GUIDE

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

*One scoop is equal to 6g.

STERILISATION AND PREPARATION



1

Add 6 scoops* (36g) Growing Up Formulated Milk Powder to ½ (100mL) cup of lukewarm water



2

Stir until dissolved



3

Add water to make 1 cup milk (230ml). Do not store. Discard any milk remaining after a feed.

Nutura Growing up formula can be added to cold water or blended with fruit for a tasty treat.

STORE IN A COOL, DRY PLACE.

Batch Number and use-by date is on the bottom of this container.

After opening, keep container airtight and use within 4 weeks. Some settling of the powder may occur. Do not use if can or security foil is damaged.



Functional Foods Global

functionalfoodsglobal.com

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Australian Government
Department of Health
Therapeutic Goods Administration



MINISTRY OF HEALTH
MALAYSIA



Dairy Food Safety
Victoria



Australian Government
Department of Agriculture
and Water Resources