

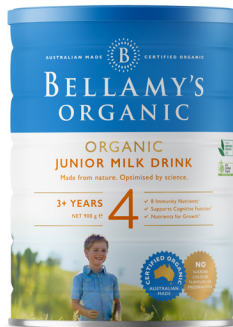
BELAMY'S ORGANIC

JUNIOR MILK DRINK STEP 4 (3+ YEARS)




A professionally formulated to include age-specific nutrients to support growth and development for children from 3 years of age. The formulation is made with Australian dual certified organic milk, as well as added benefits for immunity and cognition.

Indications: Active children from 3 years of age, when dietary intake may be inadequate.

Contraindications: Confirmed cow's milk protein allergy, galactosaemia, lactose intolerance. Not for use under 12 months of age.



PREPARATION INSTRUCTIONS

-  Wash hands before preparing. Wash and rinse cup and stirring utensil thoroughly.
-  Use only the enclosed scoop. Always use a dry scoop. Fill the scoop and level off using the levelling blade on the tin. Always add one level scoop (8.6 g) of powder to each 50 mL drinking water.
-  Add 4 level scoops (34.4 g) of powder to 200 mL of safe drinking water. Stir or shake briskly to dissolve the powder. Serve immediately. Prepare separately and discard unfinished drinks.

NUTRITIONAL INFORMATION

	Serves per package: 26 Serves size: 228 mL	Average quantity per serve	% RDI per serve	Average quantity per 100 mL of prepared feed
Energy		607 kJ		265 kJ
Protein		8.0 g		3.5 g
Fat, total		3.9 g		1.7 g
- Saturated		1.8 g		0.77 g
- Trans		0.12 g		0.05 g
- Monounsaturated		1.0 g		0.42 g
- Polyunsaturated		1.0 g		0.44 g
- Omega 3		115 mg		50 mg
α-Linolenic acid (ALA)		86 mg		38 mg
Docosahexaenoic acid (DHA)		23 mg		10 mg
Eicosapentaenoic acid (EPA)		5.5 mg		2.4 mg
- Omega 6		826 mg		360 mg
Linoleic acid (LA)		826 mg		360 mg
Carbohydrate		19 g		8.2 g
- Sugars		19 g		8.2 g
- Sucrose		NIL		NIL
Dietary Fibre		730 mg		318 mg
Sodium		95 mg		41 mg
VITAMINS				
Vitamin A		172 µg RE	23%	75 µg RE
Vitamin B6		0.30 mg	18%	0.13 mg
Vitamin B12		0.83 µg	41%	0.36 µg
Vitamin C		20 mg	50%	8.7 mg
Vitamin D		1.9 µg	19%	0.83 µg
Vitamin E		3.0 mg αTE	30%	1.3 mg αTE
Thiamin (Vitamin B1)		0.30 mg	27%	0.13 mg
Riboflavin (Vitamin B2)		0.58 mg	34%	0.26 mg
Niacin (Vitamin B3)		1.4 mg	14%	0.62 mg
Folate (Vitamin B9)		25 µg	13%	11 µg
MINERALS				
Calcium		331 mg	41%	144 mg
Iodine		28 µg	18%	12 µg
Iron		3.0 mg	25%	1.3 mg
Magnesium		34 mg	10%	14.8 mg
Phosphorus		251 mg	25%	109 mg
Potassium		344 mg		150 mg
Zinc		2.3 mg	17%	1.0 mg
OTHER				
Prebiotics: FOS ¹		516 mg		225 mg
Prebiotics: GOS ²		310 mg		135 mg

% RDI = % Recommended Dietary Intake.

¹ FOS – Fructo-oligosaccharide ² GOS – Galacto-oligosaccharides

INGREDIENTS

Organic milk solids (89.9%) [organic skim milk liquid or powder, organic whole milk liquid or powder, organic demineralised whey powder (milk), organic lactose powder (milk)], Organic vegetable oils [organic soy oil, organic sunflower oil, emulsifier (organic soy lecithin)], Organic galacto-oligosaccharides (GOS) (milk), Organic fructo-oligosaccharides (FOS), Minerals (calcium phosphate, magnesium carbonate, calcium carbonate, ferrous sulphate, zinc sulphate, potassium iodide, magnesium chloride), Dried DHA (fish) oil [milk solids, emulsifier (soy lecithin), antioxidants (sodium ascorbate, mixed tocopherols, ascorbyl palmitate)], Vitamins (sodium ascorbate, vitamin E acetate, vitamin A acetate, niacinamide, vitamin D3, pyridoxine hydrochloride, thiamin hydrochloride, ascorbic acid, folic acid, vitamin B12).

ALLERGENS: Milk, fish & soy.

SERVING GUIDE

Age of child	Quantity per serve		Serves per day
	Drinking water (mL)	Level measuring scoops of powder	
Over 3 years	200	4	1–2

Displacement volume: 1 scoop of Bellamy's Organic Junior Milk Drink (8.6 g) + 50 mL of water = 57 mL total volume. The suggested number of serves is provided as a serving guide, for when a child's nutritional intake is inadequate and are based on the National Health and Medical Council Dietary Guidelines (2013). Children should be offered and encouraged to eat a wide variety of nutritious foods to meet their nutrient needs, and to provide a basis for lifelong healthy eating habits. As well as a drink on its own, Bellamy's Organic Step 4 Junior Milk can replace regular milk when preparing breakfast, baking or cooking, to boost the nutrition of foods.

KEY FEATURES

- ACO and NASAA Certified Organic
- Zinc, Iron, Vitamins A, B6, B12, C, D & Folate to support normal immune system function
- Iodine & Iron for cognitive function
- Iron, calcium and protein for normal growth and development in children
- Calcium and vitamin D for strong bones and teeth
- 16 essential vitamins and mineral to support growth and development
- No added table sugar (sucrose), dextrose or maltodextrin
- No added artificial colours or preservatives
- No added artificial or natural flavours
- Made in Australia and readily available

Net weight: 900 g

Availability: Chemist Warehouse, selected pharmacies & bellamysorganic.com.au

DISCLAIMER: The content of this handout is solely for educational purposes and should not be substituted for medical advice. The content in this booklet has been developed for use by healthcare professionals only and not consumers. Except as required by law, no representation or warranty, express or implied, is made as to the fairness, accuracy, completeness, reliability or correctness of the information, opinions or conclusions, or as to the reasonableness of any assumptions in this handout. While all reasonable care has been taken in relation to the preparation of this handout, none of Bellamy's Organic and its subsidiaries accept any responsibility for any loss or damage resulting from the use of or reliance on the information in this handout.

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