



# APTAMIL® GOLD+ TODDLER NUTRITIONAL SUPPLEMENT FROM 1 YEAR

**Pronutra<sup>+</sup>**

helps lay  
foundations  
for your toddler's  
future  
progress

A premium, dairy based toddler nutritional supplement, that nutritionally supports the immune system.<sup>1,2</sup>

Designed to help meet the dietary needs of toddlers from 1 year old whose nutritional intake may not be adequate. It contains no sucrose and is free from artificial colours and flavours.

## Nutritionally supports the immune system

Contains Nutricia's patented blend of prebiotic oligosaccharides (90% GOS\*, 10% Ic polyfructose\*\*), 1.3g per 100mL which has been clinically shown to:

- ✓ Reduce the risk of infection in toddlers at day care, when combined with LCPs.<sup>^1</sup>
- ✓ Significantly improves intestinal microbiota by increasing the percentage of bifidobacteria in healthy toddlers.<sup>1,2</sup>

## Supports growth and development

- ✓ The goodness of cows' milk plus other ingredients important for **growth and development**.
- ✓ Two serves per day provides at least 20–50% of the recommended dietary intake (RDI) of 16 essential vitamins and minerals.
- ✓ Omega-3 DHA<sup>†</sup> (fish oil) may play an important role in **brain, eye and nervous system development**.<sup>3–5</sup>
- ✓ Calcium and vitamin D for **normal teeth and bone structure**.

Nutritional Summary		Average Quantity Per Serve	% Daily Intake Per Serve*	Average Quantity per 100mL of prepared drink
<b>Energy</b>				
	kJ	346		301
	kcal	83		72
<b>Protein</b>	g	2.6		2.2
<b>Carbohydrate</b>	g	11.1		9.7
Sugars	g	8.3		7.2
Lactose	g	7.6		6.6
Dextrose	g	0.36		0.31
Sucrose	g	Nil		Nil
Sodium	mg	37		32
	mmol	1.6		1.4
<b>Fats - total</b>	g	2.7		2.4
Saturated	g	1.4		1.2
Trans	g	<0.1		<0.1
Monounsaturated	g	0.79		0.69
Polyunsaturated	g	0.51		0.44
<b>Omega fatty acids</b>				
Omega-3	mg	88		77
Alpha-Linolenic Acid (ALA)	mg	56		48
Omega-3 VLC <sup>°</sup>	mg	31		27
Docosahexaenoic Acid (DHA)	mg	25		22
Docosapentaenoic Acid (DPA)	mg	1.0		0.90
Eicosapentaenoic Acid (EPA)	mg	5.6		4.9
<b>Minerals</b>				
Calcium	mg	163	23	141
Phosphorus	mg	123	25	107
Magnesium	mg	16.3	20	14.2
Iron	mg	1.8	30	1.6
Zinc	mg	0.92	20	0.80
Iodine	µg	18.3	26	15.9
<b>Vitamins</b>				
Vitamin A	µg-RE	79	26	69
Vitamin D <sub>3</sub>	µg	1.1	22	0.94
Vitamin E	mg α-TE	2.3	46	2.0
Vitamin B <sub>1</sub> (Thiamin)	mg	0.07	14	0.06
Vitamin B <sub>2</sub> (Riboflavin)	mg	0.24	30	0.21
Vitamin B <sub>6</sub> (Pyridoxine)	mg	0.24	35	0.21
Vitamin B <sub>12</sub> (Cobalamin)	µg	0.30	30	0.26
Vitamin B <sub>3</sub> (Niacin)	mg	2.0	41	1.8
Folic Acid	µg	41	41	36
Vitamin C	mg	15.0	50	13.0
<b>Dietary Fibre (Prebiotics)</b>				
Galacto-oligosaccharides (GOS)*	g	1.35		1.17
Long chain Polyfructose (Ic Polyfructose)**	g	0.15		0.13

\* GOS = Galacto-oligosaccharides from milk

\*\* Ic Polyfructose = long chain Polyfructose from chicory inulin, formerly known as long chain Fructo-oligosaccharides (lcFOS)

^ LCPs = Long Chain Polyunsaturated Fatty Acids

† DHA = Docosahexaenoic Acid

# Serving size: Approximately 115mL (1 serve)

° VLC = The most nutritionally significant Very Long Chain omega-3 fatty acids are DHA, EPA and DPA

FOR HEALTHCARE PROFESSIONALS ONLY

# APTAMIL® GOLD+ TODDLER NUTRITIONAL SUPPLEMENT FROM 1 YEAR

## Product Summary

Indications	Formulated especially for toddlers from 1 year whose nutritional intake may be inadequate.			
Contraindications	Confirmed cows' milk protein allergy, galactosaemia, lactose intolerance.			
Ingredients	<p>Milk solids (skim milk, lactose, whole milk), glucose syrup solids (from maize), vegetable oils, galacto-oligosaccharides (GOS) from milk, maltodextrin, dried omega-3 oil (contains fish, milk, soy), glucose, long chain polyfructose, emulsifier (soy lecithin), galactose.</p> <p><b>Vitamins:</b> Vitamins (A, B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>6</sub>, C, D, E), folic acid.</p> <p><b>Minerals:</b> Calcium, phosphorus, magnesium, iron, zinc, iodine.</p>			
Storage	Store in a cool, dry place. Use by the date on bottom of the container. After opening, keep container airtight and use contents within four weeks. Some settling of the powder may occur.			
Feeding guide	To prepare one feed:			
	Age	Cooled boiled water	Level scoops of powder*	Number of serves per day
	From 1 year	100mL	2	4
	<p>*1 scoop (9.7g powder) + 50mL of water yields approximately 58mL of formula.</p> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• This is a guide only, individual needs of children will vary.</li> <li>• Always use the scoop provided.</li> <li>• Always use a dry scoop.</li> <li>• Prepare each feed separately.</li> <li>• Use immediately after preparation, do not store.</li> </ul>			
Product presentation	900g can			

## Preparation of Aptamil® Gold+ Toddler Nutritional Supplement



1. Wash hands before preparing the feed. Wash and rinse cup and all utensils thoroughly.



2. Using the scoop enclosed, add 2 level scoops of powder to 100mL of drinking water. Fill the scoop lightly using the built-in leveller. For smaller volumes simply add 1 scoop to each 50mL of water.



3. Whisk, shake or stir the mixture briskly to dissolve powder. Serve immediately, or for a cold drink chill in the coldest part of the refrigerator for 1 hour before serving.  
  
For a warm drink, heat slightly before serving.

It is safer to use **Aptamil® Gold+ Toddler** Supplement immediately after it is prepared.  
Discard unfinished drinks.

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**BREAST MILK IS BEST FOR BABIES:** Professional advice should be followed before using an infant formula. Introducing partial bottle feeding could negatively affect breast feeding. Good maternal nutrition is important for breast feeding and reversing a decision not to breast feed may be difficult. Infant formula should be used as directed. Proper use of an infant formula is important to the health of the infant. Social and financial implications should be considered when selecting a method of feeding.



For more information on **Aptamil® Gold+** call:  
**(AU) 1800 438 500 (NZ) 0800 438 500**  
or visit: [www.aptaprofessional.com.au](http://www.aptaprofessional.com.au)  
or [www.nutricia4professionals.co.nz](http://www.nutricia4professionals.co.nz)

**References:** 1. Chatchatee *et al.* J Paed Gastro Nutr 2014; 58:428–437. 2. Rezaiki L *et al.* Presented at the International Symposium of Probiotics and Prebiotics in Paediatrics 2012. 3. Koletzko B *et al.* J Perinat Med 2008; 36:5–14. 4. Birch *et al.* Am J Clin Nutr 2010; 91:848–859. 5. Innis S *et al.* J Pediatr Gastroenterol Nutr 2009; 48:S16–S24.

## FOR HEALTHCARE PROFESSIONALS ONLY

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Expert in Early Life Nutrition