



# KARICARE GOLD+ JUNIOR NUTRITIONAL SUPPLEMENT FROM 2 YEARS

Serving Size: Approximately 230mL (1 serve)  
Serves per can: 25

A premium toddler nutritional supplement that nutritionally supports the immune system.<sup>1-3</sup>

Designed to help meet the dietary needs of toddlers from 2 years old whose nutritional intake may not be adequate. It contains no sucrose, is free from artificial colours and flavours and contains a hint of vanilla.

## Nutritionally supports the immune system

- ✓ Contains Nutricia's patented blend of prebiotic oligosaccharides (90% GOS\*, 10% lc Polyfructose\*\*), 0.7g per 100mL and LCPUFAs.<sup>†1-3</sup>
- ✓ Enriched with iron, 1.3mg/100mL.
- ✓ Contains vitamin C and zinc.

## Supports growth and development

- ✓ The goodness of cows' milk plus other ingredients important for growth and development.
- ✓ One serve per day provides at least 20-50% of the recommended dietary intake (RDI) of 16 essential vitamins and minerals, including iron.
- ✓ Omega-3 DHA<sup>†</sup> (fish oil) may play an important role in brain, eye and nervous system development.<sup>4-6</sup>
- ✓ Calcium and vitamin D to help promote normal bone and teeth structure.

| Nutritional Summary                         |         | Average Quantity Per Serve | % Daily Intake Per Serve <sup>#</sup> | Average Quantity per 100mL of prepared drink |
|---|---------|----------------------------|---------------------------------------|--|
| <b>Energy</b>                               | kJ      | 641                        |                                       | 279  |
|   | kcal    | 153                        |                                       | 67   |
| <b>Protein</b>                              | g       | 5.7                        |                                       | 2.5  |
| <b>Carbohydrate</b>                         | g       | 21                         |                                       | 9.1  |
| Sugars                                      | g       | 11.5                       |                                       | 5.0  |
| Lactose                                     | g       | 9.6                        |                                       | 4.2  |
| Dextrose                                    | g       | 1.1                        |                                       | 0.49   |
| Sucrose                                     | g       | Nil                        |                                       | Nil  |
| Sodium                                      | mg      | 62                         |                                       | 27   |
|   | mmol    | 2.7                        |                                       | 1.2  |
| <b>Fat</b>                                  | g       | 4.8                        |                                       | 2.1  |
| Saturated                                   | g       | 3.4                        |                                       | 1.5  |
| Trans                                       | g       | <0.1                       |                                       | <0.1   |
| Monounsaturated                             | g       | 1.3                        |                                       | 0.56   |
| Polyunsaturated                             | g       | 0.32                       |                                       | 0.14   |
| <b>Omega fatty acids</b>                    |         |                            |                                       |  |
| Omega-3                                     | mg      | 123                        |                                       | 54   |
| Linolenate/Alpha-Linolenic Acid (ALA)       | mg      | 38                         |                                       | 16.3   |
| Omega-3 VLC <sup>°</sup>                    | mg      | 52                         |                                       | 23   |
| Docosahexaenoic Acid (DHA)                  | mg      | 41                         |                                       | 18.0   |
| Docosapentaenoic Acid (DPA)                 | mg      | 1.8                        |                                       | 0.78   |
| Eicosapentaenoic Acid (EPA)                 | mg      | 9.6                        |                                       | 4.2  |
| <b>Minerals</b>                             |         |                            |                                       |  |
| Calcium                                     | mg      | 319                        | 46                                    | 139  |
| Phosphorus                                  | mg      | 250                        | 50                                    | 109  |
| Magnesium                                   | mg      | 30                         | 37                                    | 12.8   |
| Iron  | mg      | 3.0                        | 50                                    | 1.3  |
| Zinc  | mg      | 1.1                        | 24                                    | 0.48   |
| Iodine                                      | µg      | 21                         | 30                                    | 9.1  |
| <b>Vitamins</b>                             |         |                            |                                       |  |
| Vitamin A                                   | µg-RE   | 70                         | 23                                    | 30   |
| Vitamin D <sub>3</sub>                      | µg      | 1.4                        | 27                                    | 0.60   |
| Vitamin E                                   | mg α-TE | 2.5                        | 50                                    | 1.1  |
| Vitamin B <sub>1</sub> (Thiamin)            | mg      | 0.25                       | 50                                    | 0.11   |
| Vitamin B <sub>2</sub> (Riboflavin)         | mg      | 0.35                       | 43                                    | 0.15   |
| Vitamin B <sub>6</sub> (Pyridoxine)         | mg      | 0.35                       | 49                                    | 0.15   |
| Vitamin B <sub>12</sub> (Cobalamin)         | µg      | 0.49                       | 49                                    | 0.21   |
| Vitamin B <sub>3</sub> (Niacin)             | mg      | 2.5                        | 50                                    | 1.1  |
| Folic Acid                                  | µg      | 50                         | 50                                    | 22   |
| Vitamin C                                   | mg      | 15                         | 50                                    | 6.5  |
| <b>Prebiotic Oligosaccharides</b>           |         |                            |                                       |  |
| Galacto-oligosaccharides (GOS)*             | g       | 1.44                       |                                       | 0.63   |
| Long chain Polyfructose (lc Polyfructose)** | g       | 0.16                       |                                       | 0.07   |

\* GOS = Galacto-oligosaccharides from milk

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

^ LCPUFA = Long Chain Polyunsaturated Fatty Acids

† DHA = Docosahexaenoic Acid

# % Daily intake per serve is based on the recommended dietary intake for children aged 1-3 years

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

**FOR HEALTHCARE PROFESSIONALS ONLY**

# KARICARE GOLD+ JUNIOR NUTRITIONAL SUPPLEMENT FROM 2 YEARS

## Product Summary

|  |   |                     |                         |
|--|---|---------------------|-------------------------|
| Indications  | Formulated especially for toddlers from 2 years whose nutritional intake may be inadequate.   |                     |                         |
| Contraindications  | Confirmed cows' milk protein allergy, galactosaemia, lactose intolerance. Not suitable before 12 months of age.   |                     |                         |
| Ingredients  | Milk solids (whole milk, skim milk, lactose), glucose syrup solids (from maize), maltodextrin, galacto-oligosaccharides (GOS) from milk, vanilla flavour, dried omega-3 oil (contains fish, milk, soy), long chain polyfructose, glucose, emulsifier (soy lecithin), galactose.<br><b>Vitamins:</b> (A, B <sub>1</sub> , B <sub>2</sub> , B <sub>3</sub> , B <sub>6</sub> , C, D, E), folic acid.<br><b>Minerals:</b> Calcium, phosphorus, magnesium, iron, zinc, iodine. |                     |                         |
| 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   | Safe drinking water | Level scoops of powder* |
|  | From 2 years  | 200mL               | 4                       |
| *1 scoop (9.0g powder) + 50mL of water yields approximately 58mL.  |   |                     |                         |
| <b>Note:</b> <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.</li> </ul> |   |                     |                         |
| Product presentation   | 900g can  |                     |                         |

## Preparation of Karicare Gold+ Junior Nutritional Supplement



1. Wash hands before preparing the drink. Wash and rinse cup or bottle and all utensils thoroughly.



2. Using the scoop enclosed, add 4 level scoops of powder to 200mL 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 **Karicare Gold+ Junior** Nutritional Supplement immediately after it is prepared. Discard unfinished drinks.

PAGE 2/2

**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.

**References:** 1. Chatchatee P *et al.* J Pediatr Gastro Nutr 2014; 58: 428–437. 2. Arslanoglu S *et al.* J Nutr 2008; 138:1091–1095. 3. Arslanoglu S *et al.* J Biol Reg & Homeo Agents 2012; 26(3):49–59. 4. Koletzko B *et al.* J Perinat Med 2008; 36:5–14. 5. Birch *et al.* Am J Clin Nutr 2010; 91:848–859. 6. Innis S *et al.* J Pediatr Gastroenterol Nutr 2009; 48:S16–S24.

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