



Serving suggestion

a2 Nutrition for mothers™

Nutritional milk drink for pre-conception, pregnancy & breastfeeding

This nutritionally advanced **a2 Milk™** based drink has been formulated to support a woman's increased nutritional needs before, during and after pregnancy, while breastfeeding. Made with pure and natural **a2 Milk™**, this fortified milk drink contains additional nutrients to support the health of mum and her baby.

a2 Nutrition for mothers™ has been formulated to be used as part of a healthy diet, which includes a variety of foods, when that woman's nutrient intake may require support.

- ✓ Folic acid to support neural tube development in the foetus[^]
- ✓ Iron to support neurological development in the foetus
- ✓ Iodine to support cognitive function
- ✓ Zinc for normal fertility & reproduction
- ✓ B vitamins to help sustain mum's energy levels
- ✓ Contains **choline**[#]
- ✓ Contains dietary **fibre**
- ✓ No artificial colours, flavours & preservatives



Contains **choline**[#]



100% folic acid dietary intake^{*}



100% calcium dietary intake^{*}



Contains 15 essential vitamins & minerals



Made with pure & natural a2 Milk™

[^] For women of childbearing age. Consume at least 400µg of folic acid/day, at least the month before and three months after conception.

[#] Choline to support normal homocysteine metabolism.

^{*} Based on 2 serves of 230mL per day for a pregnant woman aged 19-30 years.

Common FAQs



What are the key nutrients in a2 Nutrition for mothers™ which support a woman's increased nutritional needs pre-conception, during pregnancy and whilst breastfeeding?

These include folic acid, iodine, choline, iron, zinc and vitamin B₁₂, plus protein from the a2 Milk™ base. a2 Nutrition for mothers™ also contains added fibre and omega-3.

What is choline?

Choline is an essential nutrient.¹ Folic acid assists in preventing neural tube defects, and choline supports folic acid in this role by contributing to normal homocysteine metabolism.

What is the difference between folate and folic acid?

Folate typically refers to the naturally occurring form of this vitamin found in foods, such as green leafy vegetables, beans and lentils. Folic acid is the synthetic form used in supplements and food fortification. a2 Nutrition for mothers™ contains folic acid.

Will a2 Nutrition for mothers™ provide adequate folic acid to meet my requirements?

The recommended dietary intake (RDI) for folate is increased during pregnancy and breastfeeding. Two serves of a2 Nutrition for mothers™ provides 360µg of folic acid, equivalent to 100% RDI of folate for pregnant women.

It is also recommended that women have 400-500µg/day of folic acid pre-conception and for the first 3 months of pregnancy. Since the introduction of mandatory folic acid fortification of certain foods, the average folic acid intake for women of child bearing age is 247µg/day.² This combined with a2 Nutrition for mothers™ would typically be adequate for most women to meet this recommendation for folic acid.

Can I have a2 Nutrition for mothers™ alongside a pregnancy supplement? (e.g. Elevit)

a2 Nutrition for mothers™ is designed to be used instead of a pregnancy multivitamin tablet with the added benefits of the nutrition of a glass of milk in each serve. It is not suitable for use alongside pregnancy supplements unless advised by your healthcare professional.

Does this product contain any added sugar?

a2 Nutrition for mothers™ does not contain added table sugar (sucrose). The carbohydrate source is mostly from the milk sugar, lactose, with the remaining coming from the dietary fibre, inulin.

How much a2 Nutrition for mothers™ do I need?

The recommended intake of a2 Nutrition for mothers™ is 2 serves per day. A serving suggestion is to blend 1 serve of a2 Nutrition for mothers™ with your preferred fruit or vegetable to make a smoothie.

Is a2 Nutrition for mothers™ suitable for women with gestational diabetes or for women with Type 1 diabetes?

As the total carbohydrate content of a2 Nutrition for mothers™ is higher than a regular glass of milk, it may be preferable to consume 4 half sized serves of 115mL (2 scoops to 100mL of cold or warm water) over the day.^{3,4} Before using a2 Nutrition for mothers™, it is recommended to check with your treating healthcare professional to assess the suitability of the product for your individual needs. This will depend on other dietary intake, and if on insulin, your insulin regime.

Ingredients

a2 Milk™ skim milk (43%), lactose, a2 Milk™ whole milk (19%), inulin, minerals (calcium, magnesium, zinc, iron, iodine), dried fish oil [emulsifier (soy lecithin)], vitamins (choline, vitamin C, vitamin E, niacin, folic acid, vitamin D₃, vitamin B₆, thiamin, riboflavin, vitamin B₁₂). **Contains milk, soy, fish**

- 1 Zeisal, SH, da Costa, KA. (2009). Choline: an essential nutrient for public health. *Nutrition Reviews*, 67(11): 615 - 623. doi:10.1111/j.1753-4887.2009.00246.x
- 2 Australian Institute of Health and Welfare (2016). Folic acid & iodine fortification. <https://www.aihw.gov.au/reports/food-nutrition/folic-acid-iodine-fortification>
- 3 American Diabetes Association (2020). Management of Diabetes in Pregnancy: Standards of Medical Care in Diabetes. <https://doi.org/10.2337/dc20-S014>
- 4 International Diabetes Federation (2009) [updated 10/04/2017]. Global Guideline on Pregnancy and Diabetes. <https://www.idf.org/e-library/guidelines/84-pregnancy-and-diabetes.html>

Nutrition information

Servings per package: 23

Serving size: 230mL (4 scoops (≈38g) + 200mL water)

	Avg Qty Per Serving 230mL*	% RDI Per Serving*	Avg Qty Per 100mL prepared drink
Energy	622kJ		270kJ
Protein	8.4g		3.7g
– A2 beta-casein	2.3g		1.0g
Fat, total	2.6g		1.1g
– Saturated	1.6g		0.7g
– Trans	0.1g		0.05g
– Monounsaturated	0.6g		0.2g
– Polyunsaturated	0.2g		0.1g
– Total Omega-3	37.2mg		16.2mg
– Docosahexaenoic acid (DHA)	30.4mg		13.2mg
– Eicosapentaenoic acid (EPA)	6.8mg		3.0mg
Carbohydrate	21.5g		9.3g
– Sugars	20.6g		9.0g
– Lactose	20.6g		9.0g
– Sucrose (table sugar)	Nil		Nil
Dietary fibre	2.3g		1.0g
Sodium	83.6mg		36.3mg
Vitamins			
Vitamin D	2.5µg	50%	1.1µg
Vitamin E	2.7mg α-TE	39%	1.2mg α-TE
Thiamin (vitamin B ₁)	0.46mg	33%	0.20mg
Riboflavin (vitamin B ₂)	0.57mg	41%	0.25mg
Vitamin B ₆	0.57mg	30%	0.25mg
Vitamin B ₁₂	1.3µg	50%	0.58µg
Niacin (vitamin B ₃)	3.0mg	17%	1.3mg
Folic acid*	180µg	50%	78µg
Vitamin C	33mg	55%	15mg
Choline	111mg	25%	48.0mg
Minerals			
Calcium*	500mg	50%	218mg
Iron	3.8mg	14%	1.7mg
Magnesium	70.3mg	20%	30.6mg
Zinc	3.6mg	33%	1.6mg
Iodine	78µg	35%	34µg

* Refers to reconstituted milk made up according to directions for use, 4 scoops to 200mL of cold or warm drinking water.

x % RDI = % Recommended Dietary Intake, RDI per serving based on Nutrient Reference Values for Australia and New Zealand for a pregnant woman aged 19-30 years.

A2 Infant Nutrition Australia Pty Ltd

The a2 Milk Company™ Careline

T 1800 224 632

a2nutrition.com.au

Made in New Zealand

Disclaimer: The information contained within this document should not be construed as professional medical advice nor as any health claim associated with consuming a2 Milk™ or a2 Nutrition for mothers™.

a2 Nutrition for mothers™ is a supplemented food, designed to be used in conjunction with a healthy balanced diet and is intended for consumption only by persons of or over the age of 14 years.

Important notice: This product is NOT suitable for infants and young children. It is designed for women pre, during and post pregnancy. For more information, please contact The a2 Milk Company™ careline on 1800 224 632.