



a2 Nutrition for Mothers™ (Pre-conception, pregnancy & breastfeeding)



a2 Nutrition for mothers™ is made with pure and natural a2 Milk™.

Our a2 Milk™ comes from cows specially selected to naturally produce milk with only the A2 beta-casein protein type.

Product Information

Specially formulated to support a mother's increased nutritional needs from planning a family, throughout her pregnancy and while breastfeeding.

a2 Nutrition for mothers™ is fortified with additional nutrients to support the health of mum and her baby. It is designed to be used in conjunction with a healthy diet, which includes a variety of foods.

- ✓ Contains 15 essential vitamins & minerals
- ✓ 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
- ✓ Helps sustain mum's energy levels with B vitamins
- ✓ Vitamin C & magnesium to reduce fatigue
- ✓ Vitamin D to support normal immune function
- ✓ 100% folic acid dietary intake*
- ✓ 100% calcium dietary intake*
- ✓ Contains choline#
- ✓ Contains omega-3 (DHA & EPA)
- ✓ Contains dietary fibre
- ✓ Low in fat
- ✓ No artificial colours, flavours & preservatives
- ✓ No added sucrose (table sugar)

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

Nutrition information

Servings per package: 23 Serving Size: 230mL (4 scoops (≈38g) + 200mL water)
Consume 2 serves per day

	Avg Qty Per Serving 230mL	% RDI Per Serving ^x	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

^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 beta-casein refers to A2 beta-casein protein type.

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

⁺ 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.

A2 Infant Nutrition Australia Pty Ltd

The a2 Milk Company™ Careline

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This information has been downloaded from a2nutrition.com.au

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.

Made in New Zealand