



a2 Smart Nutrition™

MILK NUTRITION FOR GROWTH*

This delicious and nutritious **a2 Milk™** based drink has been formulated for children 4 to 12 years of age. Made with pure and natural **a2 Milk™**, this fortified milk drink for children also contains carefully selected vitamins and minerals.

a2 Smart Nutrition™ can be used to supplement a child's healthy diet, which includes a variety of foods, when that child's energy and nutrient intake may require support.

- ✓ Fortified milk drink for 4 to 12 year old children
- ✓ Protein & calcium to support normal growth & development*
- ✓ Zinc & iron for cognitive & immune function
- ✓ Vitamin A & B₂ to support healthy vision
- ✓ Vitamin D & calcium for bone & teeth health
- ✓ Contains fish oil



MADE WITH PURE
AND NATURAL
a2 MILK™



ESSENTIAL VITAMINS
& MINERALS



NO ARTIFICIAL
COLOURS, FLAVOURS
OR PRESERVATIVES



MADE WITH 90%
NEW ZEALAND
& AUSTRALIAN
INGREDIENTS



Common FAQs

How is a2 Smart Nutrition™ different to a2 Milk™?

a2 Smart Nutrition™ is a fortified milk drink designed to nutritionally support children aged 4-12 years old. It can be used to supplement a child's healthy diet, which includes a variety of foods, when that child's energy and nutrient intake may require support.

a2 Smart Nutrition™ contains 13 essential vitamins and minerals, including vitamins A, B₁, B₂, B₃, B₆, B₁₂, C, D, E, zinc, iron, calcium and phosphorus plus fish oil. Compared to a2 Milk™ (3.3g protein per 100mL), a2 Smart Nutrition™ (4.9g protein per 100mL) is higher in protein.

How much a2 Smart Nutrition™ do I need?

One serve of a2 Smart Nutrition™ is 225mL of prepared drink (1 scoop to 200mL of drinking water). The recommended intake is 1 serve per day for 4–8 year old children and 1–2 serves per day for 9–12 year old children. Use in consultation with your child's healthcare professional.

Can I mix a2 Smart Nutrition™ with a2 Milk™ instead of water?

Yes, you can mix a2 Smart Nutrition™ with a2 Milk™ instead of water. Mix 1 tablespoon of powder with 200mL of a2 Milk™. This will provide 830kJ, 12.1g protein, 518mg calcium and 1.7mg iron per serve. It is recommended to discuss your child's individual nutrition requirements with their healthcare professional.

Ingredients

a2 Milk™ whole milk powder (50%), a2 Milk™ milk protein concentrate (30%), sugar, corn starch, tapioca starch, dried fish oil (1.5%), natural flavour, sea salt, minerals (iron, zinc), vitamins (vitamin A, vitamin D₃, vitamin E, thiamin, riboflavin, niacin, vitamin B₆, vitamin C, vitamin B₁₂), soy lecithin.

Contains milk, soy, fish

May contain traces of tree nuts

Gluten free

Nutrition information

Servings per package: 25 Serving size: 225 mL (1 scoop (30g) + 200mL water)

	Avg Qty Per Serving 225mL	% RDI Per Serving*	% RDI 4-8 year olds Per Serving [^]	% RDI 9-13 year olds Per Serving [^]	Avg Qty Per 100mL
Energy	561kJ (133 Cal)				250kJ (60 Cal)
Protein	10.9g				4.9g
– A2 beta-casein ⁺	3.2g				1.4g
Fat, total	4.6g				2.1g
– Saturated	3.1g				1.4g
– Trans	0.3g				0.1g
– Monounsaturated	1.1g				0.5g
– Polyunsaturated	0.2g				0.1g
– DHA	30mg				13.4mg
Carbohydrate	12.0g				5.4g
– Sugars	9.8g				4.4g
– Lactose	6.7g				3.0g
– Sucrose	3.1g				1.4g
Sodium	120mg				54mg
Minerals					
Calcium	300mg	38%	43%	23-30%	134mg
Iron	3.3mg	28%	33%	41%	1.5mg
Zinc	3.0mg	25%	75%	50%	1.3mg
Phosphorus	165mg	17%	33%	13%	74mg
Vitamins					
Vitamin A	150µg RE	20%	37.5%	25%	67µg RE
Vitamin D	2.6µg	26%	52%	52%	1.1µg
Vitamin E	1.5mg	15%	25%	17-19%	0.68mg
Thiamin (vitamin B ₁)	0.36mg	33%	60%	40%	0.16mg
Riboflavin (vitamin B ₂)	0.51mg	30%	85%	57%	0.23mg
Niacin (vitamin B ₃)	1.20mg	12%	15%	10%	0.54mg
Vitamin B ₆	0.17mg	11%	28%	17%	0.08mg
Vitamin B ₁₂	0.63µg	32%	52.5%	35%	0.28µg
Vitamin C	19.8mg	50%	57%	49.5%	8.8mg

% RDI = % Recommended Dietary Intake

* % RDI per serving for children over 3 years old, based on the Australia New Zealand Food Standards Code – Schedule 1

[^] % RDI per serving for age range based on age specific Nutrient Reference Values for Australia and New Zealand

⁺ A2 beta-casein refers to A2 beta-casein protein type

The a2 Milk Company (Australia) Pty Ltd

The a2 Milk Company™ Careline

T 1800 224 632

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 Smart Nutrition™.

a2 Smart Nutrition™ is a formulated supplementary food, designed to be used in conjunction with a healthy balanced diet and is intended for consumption by children aged 4 to 12 years. Not suitable for consumption by children under 12 months.

For more information, please contact The a2 Milk Company™ Careline on 1800 224 632.

Made in Australia with 90% New Zealand & Australian ingredients