



# COW & GATE® GROWING UP MILK 2-3 YEARS POWDER

## INDICATIONS

Cow & Gate® Growing Up Milk 2-3 Years has been specially developed to help meet the nutritional needs of toddlers at this stage as part of a healthy, balanced diet. Made from cows' milk, it provides: iron which helps support normal cognitive development, and calcium and vitamin D which are important for normal bone development. Cow & Gate® Growing Up Milk is a practical way to help toddlers achieve their recommended nutrient intakes.

## CONTRA-INDICATIONS

- i. Not suitable for intravenous use.
- ii. Not suitable for cows' milk allergy or lactose intolerance.
- iii. Not suitable for vegetarians.

## DENTAL ADVICE

Do not allow prolonged or frequent contact of milk feeds with teeth as this increases the risk of tooth decay. Make sure teeth are cleaned after the last feed at night.

## PACK FORMATS

Cow & Gate® Growing Up Milk 2-3® Years is available in both powder and liquid formats: 800g EaZypacks are supplied in cases of 6; the product PIP code is 364-5967. Cow & Gate® Growing Up Milk 2-3 Years ready-to-drink is available in 1l cartons supplied in cases of 6 and 200ml cartons supplied in cases of 15.

## PREPARATION AND STORAGE

All Cow & Gate® products carry preparation instructions. Please see packaging for further information. Powder Packs should be stored in a cool, dry place; do not refrigerate, and use contents within four weeks of opening. Store ready-to-drink cartons in a cool, dry place away from sunlight before opening. Once opened, unused milk in the carton needs to be resealed and can be stored in the fridge for up to 24 hours (200ml carton), or up to 72 hours (1L carton). Leftover milk in a beaker needs to be discarded within 2 hours.

## INGREDIENTS\*

Skimmed **milk**, Lactose (from **milk**), Vegetable oils (Palm oil, Sunflower oil, Rapeseed oil), Whey product (Demineralised whey, Whey protein concentrate) (from **milk**), Galacto-oligosaccharides (GOS) (from **milk**), Maltodextrin, Calcium phosphate, Fructo-oligosaccharides (FOS), Potassium hydrogen phosphate, Calcium carbonate, Magnesium citrate, **Milk** flavouring, Vitamin C, Magnesium hydrogen phosphate, Potassium citrate, Sodium chloride, Emulsifier (**Soy** lecithin), Iron sulphate, Zinc sulphate, Vitamin E, Vitamin D<sub>3</sub>, Potassium chloride, Pantothenic acid, Vitamin B<sub>12</sub>, Vitamin A, Niacin, Riboflavin, Folic acid, Vitamin K<sub>1</sub>, Biotin, Vitamin B<sub>6</sub>, Thiamin, Potassium iodide.

## ALLERGY ADVICE

For allergens, see ingredients in bold.

\* Ingredients list refers to powder format only. Ingredients in liquid formats may vary.

## DIETARY INFORMATION

Halal certified

PDS: 0120884.01\_V1

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# COW & GATE® GROWING UP MILK 2-3 YEARS POWDER

TYPICAL VALUES*	UNITS	Per 100g powder	Per 100ml	Per 100kcal
<b>ENERGY</b>				
	kJ	1765	210	420
	kcal	420	50	100
<b>Fat</b>				
	g	15.9	1.9	3.8
of which, saturates	g	3.8	0.4	0.9
<b>Carbohydrate</b>				
	g	54.8	6.5	13.1
of which, sugars	g	48.8	5.8	11.6
of which, lactose	g	45.9	5.5	10.9
<b>Fibre</b>	g	7.2	0.9	1.7
<b>Protein</b>	g	10.9	1.3	2.6
<b>VITAMINS</b>				
Vitamin A	µg	519	61.8	124
Vitamin D <sub>2</sub>	µg	24	2.9	5.7
Vitamin E	mg TE	8.5	1.0	2
Vitamin K <sub>1</sub>	µg	39	4.6	9.2
Vitamin C	mg	126	15	30
Thiamin (B <sub>1</sub> )	mg	0.34	0.04	0.08
Riboflavin (B <sub>2</sub> )	mg	1.93	0.23	0.46
Niacin (B <sub>3</sub> )	mg	1.7	0.2	0.41
Vitamin B <sub>5</sub>	mg	0.5	0.06	0.12
Folic acid	µg	72	8.6	17
Vitamin B <sub>12</sub>	µg	3.8	0.4	0.9
Biotin	µg	9.2	1.1	2.2
Pantothenic acid	mg	4.88	0.58	1.16
<b>MINERALS</b>				
Sodium	mg	168	20	40
Potassium	mg	984	117	234
Chloride	mg	328	39	78
Calcium	mg	1009	120	240
Phosphorus	mg	778	93	185
Magnesium	mg	86	10	21
Iron	mg	10	1.2	2.4
Zinc	mg	7.6	0.90	1.8
Iodine	µg	165	19.6	39
<b>OTHERS</b>				
GOS/FOS <sup>‡</sup>	g		1.2	
Linoleic acid (omega 6)	g	2.23	0.27	0.53
Alpha-linolenic acid (Omega 3)	g	0.39	0.05	0.09
Scoop weight			4g	
Standard dilution			11.9%	

\*Nutritional values based on powder format, liquid formats may vary slightly.

<sup>‡</sup>Galacto-oligosaccharides/Fructo-oligosaccharides.

Details correct as of January 2020.