

# APTAGROW 3+ YEARS

AptaGrow 3+ Years by Aptamil® is an age-adapted, nutrient-dense powdered milk drink specifically formulated to address potential nutritional deficiencies commonly seen in fussy eaters and support growth, development and the immune system of children aged 3 to 6 years.

## FEATURES

- **Age-adapted nutrition for children aged 3 to 6 years old:** in line with the Nutrient Reference Values for ANZ<sup>1</sup>. AptaGrow 1+ Years and AptaGrow 6+ Years also available.
- **No added sugars:** to encourage healthy eating behaviours and taste preferences and in line with the Australian Dietary Guidelines<sup>2</sup>.
- **One serve a day:** designed to not spoil appetite.
- **18 essential vitamins & minerals with 1/3 of the recommended dietary intake<sup>1</sup> of key nutrients\* in one serve:** to support the immune system, growth and development.
- **Low energy density (0.7cal/mL) & age-adapted protein level:** to minimise excess calorie intake and not spoil appetite<sup>3</sup>.
- **No artificial flavours, colours or preservatives:** unflavoured allows consumption as a milk drink or can be mixed into food and drink without significantly altering flavour or texture.
- **Patented synbiotic blend:** contains prebiotics (scGOS and lcFOS) and probiotics (Bifidobacterium breve M16-V).

## Indication

Specially formulated for children aged 3 to 6 years old who cannot meet their nutritional requirements due to a medical condition.

## Important Notice

- Not suitable as a sole source of nutrition\*\*, designed to be consumed in conjunction with a healthy varied diet.
- Not for parenteral use.
- Not suitable for patients with galactosaemia.
- Not suitable for patients with cow's milk protein, fish or soy allergy.
- Not suitable for infants and children under 1 year of age.

## Ingredients

**AptaGrow 3+ Years:** Milk solids, short-chain galacto-oligosaccharides (**milk**), long chain fructo-oligosaccharides, dried omega LCPUFAs<sup>^</sup> (**fish oil**), sodium caseinate (**milk**), antioxidant (sodium ascorbate, natural tocopherols, ascorbyl palmitate, di-alpha tocopherol), whey protein (**milk**), emulsifier (**soy lecithin**), Bifidobacterium breve M16-V. **Minerals:** calcium, phosphorus, magnesium, iron, zinc, iodine. **Vitamins:** vitamins (A, B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>6</sub>, C, D<sub>3</sub>, E), folic acid.

## Allergen & Cultural Information

- Contains: cow's milk protein, fish, soy.
- Does not contain: wheat, egg, peanuts, tree nuts, lupins.
- No gluten containing ingredients.
- Contains lactose.
- Halal certified.

\*Iron, Zinc and Vitamin D.

<sup>†</sup> 1 scoop = 4.5g of AptaGrow powder. 1 scoop of powder per each 25mL of water is recommended.

# Or as per treating healthcare professional.

\*\* In accordance with Australia New Zealand Food Standards Code - Standard 2.9.5.

## Feeding Guide (to prepare 1 serve)

Age	Safe Drinking Water	Level Scoops of Powder <sup>†</sup>	Serve Size	Serves per day <sup>#</sup>
3 years	150mL	6	175mL	1
4 – 6 years	175mL	7	200mL	1

## Preparation Instructions

1. Wash hands before preparing drink.
2. Wash and rinse cup or shaker, and all utensils, thoroughly.
3. Using the scoop enclosed, fill the scoop lightly and level off using the built-in leveler. Only use the scoop provided in the container to ensure serving consistency.
4. Add the required number of scoops of AptaGrow powder to the required amount of lukewarm, safe drinking water. Refer to above feeding guide re scoop and water amounts.
5. Whisk, stir or shake briskly to dissolve the powder.
6. Serve immediately, or for a cold drink, store in the fridge for 1 hour or until chilled. Stir before use.
7. Discard unfinished drink.

Prepare as directed, or can be added to food or drinks. It is safest to consume AptaGrow immediately after it has been prepared.

## Storage

- Store in a cool, dry place.
- After opening, keep container airtight and use contents within 6 weeks.
- Replace lid firmly after use.
- Discard unused contents after 6 weeks.
- Use by the date on the container bottom.



# APTAGROW 3+ YEARS

NUTRITION INFORMATION		Per 175mL Serve	Per 200mL Serve	Per 100mL
Energy	kcal	123	143	71
	kJ	514	599	295
Protein	g	5.4	6.3	3.1
Carbohydrate, total	g	10.4	12.1	6.0
- Sugars	g	10.1	11.8	5.8
• Lactose	g	9.9	11.5	5.7
• Sucrose	g	Nil	Nil	Nil
Fat, total	g	5.9	6.9	3.4
- Saturated	g	4.2	4.9	2.4
- Trans	g	0.57	0.66	0.33
- Monounsaturated	g	1.3	1.6	0.77
- Polyunsaturated	g	0.23	0.27	0.13
• Omega-3, total	mg	102	119	59
• ALA <sup>^</sup>	mg	46	54	27
• LCPUFA <sup>^</sup>	mg	55	64	32
• DHA <sup>^</sup>	mg	33	39	19.2
• EPA <sup>^</sup>	mg	12.6	14.7	7.2
Dietary Fibre, total	g	3.2	3.7	1.8

AptaGrow Product Range Details			
AptaGrow 900g Can	Product Code	Units per carton	Serves per tin
AptaGrow 1+ Years	164548	3	34
AptaGrow 3+ Years	164549	3	28 - 33
AptaGrow 6+ Years	164550	3	22 - 25

Vitamins		Per 175mL Serve	Per 200mL Serve	Per 100mL
Vitamin A	µg-RE	215	250	123
Thiamin (B <sub>1</sub> )	mg	0.43	0.50	0.24
Riboflavin (B <sub>2</sub> )	mg	0.37	0.43	0.21
Niacin (B <sub>3</sub> )	mg	2.4	2.8	1.4
Vitamin B <sub>6</sub>	mg	0.34	0.40	0.19
Vitamin B <sub>12</sub>	µg	0.37	0.43	0.21
Vitamin C	mg	19.7	23	11.3
Vitamin D	µg	3.2	3.8	1.9
Vitamin E	mg	3.1	3.6	1.8
Folic Acid	µg	64	74	37
Minerals		Per 175mL Serve	Per 200mL Serve	Per 100mL
Calcium	mg	253	295	145
Chloride	mg	147	171	84
Iron	mg	4.4	5.1	2.5
Iodine	µg	35	41	20
Magnesium	mg	42	49	24
Phosphorus	mg	161	188	93
Potassium	mg	229	267	132
Sodium	mg	58	67	33
Zinc	mg	2.7	3.2	1.6
Prebiotics		Per 175mL Serve	Per 200mL Serve	Per 100mL
scGOS <sup>^</sup>	g	2.89	3.37	1.65
lcFOS <sup>^</sup>	g	0.32	0.37	0.18
Probiotics		Per 175mL Serve	Per 200mL Serve	Per 100mL
Bifidobacterium breve M16-V	cfu	822 million	959 million	472 million

**A food for special medical purposes;  
to be used under strict medical supervision.**

For more information call the  
**Nutricia Careline 1800 438 500**  
[nutriciacareline@danone.com](mailto:nutriciacareline@danone.com)

<sup>^</sup> ALA = α-Linolenic Acid, LCPUFAs = Long Chain Polyunsaturated Fatty Acids, DHA = Docosahexaenoic Acid, EPA = Eicosapentaenoic Acid, scGOS = short chain Galacto-Oligosaccharides, lcFOS = long chain Fructo-Oligosaccharides.

**REFERENCES** 1. National Health and Medical Research Council (2017) Nutrient reference values for Australia and New Zealand. Australian Government Department of Health and Ageing, New Zealand Ministry of Health, Canberra: National Health and Medical Research Council. 2. National Health and Medical Research Council (2013) Australian Dietary Guidelines. Canberra: National Health and Medical Research Council. 3. Lovell AL, Davies PSW, Hill RJ, Milne T, Matsuyama M, Jiang T et al. A comparison of the effect of a Growing Up Milk - Lie (GUMLi) v. cows' milk on longitudinal dietary patterns and nutrient intakes in children aged 12 - 23 months: the GUMLi randomised controlled trial. Br J Nutr. 2019; 121 (6): 678-87.



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