



APTAMIL® GOLD+ INFANT FORMULA FROM BIRTH (0–6 MONTHS)

Pronutra+

helps lay
foundations
for your baby's
future
progress

A nutritionally complete, premium infant formula that helps to nutritionally support the immune system today and into the future.¹⁻⁵

For healthy infants from birth requiring a partial or complete breast milk substitute.

Helps to lay the foundations today for a child's future health

Contains Nutricia's patented blend of prebiotic oligosaccharides (90% GOS*, 10% lC Polyfructose**), which when introduced within the first 6 months of life has been shown in clinical trials to:

- ✓ **TODAY:** Nutritionally support the immune system by stimulating the growth of beneficial bacteria closer to that of breast fed infants (compared to a control formula).^{1,2}
- ✓ **IN THE FUTURE:** Provides sustained protection against allergic symptoms up to 5 years of age, and episodes of infections up to 2 years of age.²⁻⁵

Easy digestion/tolerance

- ✓ Whey dominant cows' milk based formula.
- ✓ **Softer, more regular stool pattern**, similar to a breast-fed infant.¹
- ✓ **Reduced regurgitation and crying** related to feeding.²

Nutritionally complete for infants 0–6 months

- ✓ Vitamins and minerals to **support infant normal growth and development.**
- ✓ Omega-3 DHA[#] and Omega-6 AA[‡] LCPs[°] to help **support brain, eye and nervous system development.**⁶⁻⁸

Nutritional Summary		Average Quantity Per 100mL of Prepared Feed
Energy		
	kJ	269
	kcal	64
Protein		
	g	1.4
Whey	%	60
Casein	%	40
Carbohydrate		
	g	6.8
Fat		
	g	3.5
Omega LCPs[°]		
Arachidonic Acid (AA) [‡]	mg	13.8
Docosahexaenoic Acid (DHA) [#]	mg	13.8
Minerals		
Calcium	mg	48
Phosphorus	mg	30
Sodium	mg	21
Potassium	mg	72
Chloride	mg	47
Magnesium	mg	5.6
Iron	mg	0.75
Zinc	mg	0.48
Iodine	µg	12.8
Manganese	µg	9.7
Copper	µg	47
Selenium	µg	2.0
Vitamins		
Vitamin A	µg-RE	60
Vitamin D ₃	µg	0.74
Vitamin E	mg α-TE	1.4
Vitamin K ₁	µg	5.5
Vitamin B ₁ (Thiamin)	µg	56
Vitamin B ₂ (Riboflavin)	µg	131
Vitamin B ₆ (Pyridoxine)	µg	48
Vitamin B ₁₂ (Cobalamin)	µg	0.26
Vitamin B ₃ (Niacin)	mg	0.49
Vitamin B ₅ (Pantothenic Acid)	mg	0.39
Biotin	µg	2.8
Folic Acid	µg	11.4
Vitamin C	mg	9.5
Others		
Choline	mg	17.1
Taurine	mg	5.9
Inositol	mg	4.9
L-Carnitine	mg	2.0
Nucleotides		
Cytidine 5'-monophosphate	mg	1.0
Uridine 5'-monophosphate	mg	0.78
Adenosine 5'-monophosphate	mg	0.65
Inosine 5'-monophosphate	mg	0.44
Guanosine 5'-monophosphate	mg	0.23
Prebiotic Oligosaccharides		
Galacto-oligosaccharides (GOS) [*]	g	0.72
Long chain Polyfructose (lC Polyfructose) ^{**}	g	0.08

* GOS = Galacto-oligosaccharides from milk

** lC Polyfructose = long chain Polyfructose from chicory inulin, formerly known as long chain Fructo-oligosaccharides (lC FOS)

DHA = Docosahexaenoic Acid

° LCPs = Long Chain Polyunsaturated Fatty Acids

‡ AA = Arachidonic Acid

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Product Summary

Indications	Healthy infants from birth as a partial or complete breast milk substitute.			
Contraindications	Confirmed cows' milk protein allergy, galactosaemia, lactose intolerance.			
Ingredients	<p>Milk solids (whey powder, lactose, skim milk), vegetable oils [contains soy oil, antioxidant (ascorbyl palmitate, citric acid)], galacto-oligosaccharides (GOS) from milk, dried omega 3 and omega 6 LCP oils (contains fish, dairy, soy), long chain polyfructose, choline chloride, emulsifier (soy lecithin), taurine, carnitine, inositol.</p> <p>Vitamins: (A, B₁, B₂, B₃, B₅, B₆, B₁₂, C, D, E, K₁), folic acid, biotin.</p> <p>Minerals: Potassium, calcium, chloride, phosphorus, sodium, magnesium, iron, zinc, copper, iodine, manganese, selenium.</p> <p>Nucleotides: Cytidine 5' - monophosphate, uridine 5' - monophosphate, adenosine 5' - monophosphate, inosine 5' - monophosphate, guanosine 5' - monophosphate.</p>			
Storage	<p>Store in a cool, dry place. Use by the date on bottom of the container.</p> <p>After opening, keep container airtight and use contents within four weeks. Some settling of the powder may occur.</p>			
Feeding guide	To prepare one feed:			
	Age in months	Cooled boiled water	Level scoops of powder*	Number of feeds per day
	Up to 1 week	50mL	1	7–9
	1 week–1 month	100mL	2	6–8
	1–2 months	150mL	3	5–6
	2–4 months	200mL	4	5
	4–6 months	250mL	5	4–5
	Over 6 months	250mL	5	3–4
	*1 scoop (7.4g powder) + 50mL of water yields approximately 56mL of formula.			
	<p>Note:</p> <ul style="list-style-type: none"> • This is a guide only, individual needs of infants will vary. • Always use the scoop provided. • Prepare each feed separately. • Use immediately after preparation, do not store. 			
Product presentation	900g can			

Preparation of Aptamil® Gold+ Infant Formula



1. Wash hands before preparing the feed. Clean and then sterilise all the utensils by submerging bottles and teats in water and boiling for 5 minutes, or using an approved steriliser.



2. Boil safe drinking water and allow to cool until lukewarm. Measure the required volume of lukewarm water into a sterilised feeding bottle.



3. Use only the enclosed scoop. Fill the scoop lightly and level off using the built-in leveller. Avoid compacting powder.



4. Always add one level scoop of powder for each 50mL of water. Stir or shake briskly to dissolve the powder.



5. Test temperature on wrist before feeding. Feed immediately (do not store). Discard unfinished feeds.

Prepare each feed separately. For all brands of formula it is safer to use immediately after preparation.

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BREAST MILK IS BEST FOR BABIES: Professional advice should be followed before using an infant formula. Introducing partial bottle feeding could negatively affect breast feeding. Good maternal nutrition is important for breast feeding and reversing a decision not to breast feed may be difficult. Infant formula should be used as directed. Proper use of an infant formula is important to the health of the infant. Social and financial implications should be considered when selecting a method of feeding.

References: 1. Moro G *et al.* J Paediatr Gastroenterol Nutr 2002; 34:291–295. 2. Moro G *et al.* Arch Dis Child 2006; 91:814–819. 3. Arslanoglu S *et al.* J Nutr 2007; 137:2420–2424. 4. Arslanoglu S *et al.* J Nutr 2008; 138:1091–1095. 5. Arslanoglu S *et al.* J Biol Reg & Homeo Agents 2012; 26(3):49–59. 6. Koletzko B *et al.* J Perinat Med 2008; 36:5–14. 7. Birch *et al.* Am J Clin Nutr 2010; 91:848–859. 8. Innis S *et al.* J Paediatr Gastroenterol Nutr 2009; 48:S16–S24.

FOR HEALTHCARE PROFESSIONALS ONLY

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