



Nutrition for mothers™

Nutritional milk drink for pre-conception, pregnancy & breastfeeding

This nutritionally advanced **a2 Milk™** based drink has been formulated to support a woman's increased nutritional needs before, during and after pregnancy, while breastfeeding. Made with pure and natural **a2 Milk™**, this fortified milk drink contains additional nutrients to support the health of mum and her baby.

Nutrition for mothers™ has been formulated to be used as part of a healthy diet, which includes a variety of foods.

- ✓ Iron to support neurological development in the foetus
- ✓ Iodine to support cognitive function
- ✓ Zinc for normal fertility and reproduction
- ✓ Good source of **folic acid** to support neural tube development in the foetus[^]
- ✓ Helps sustain mum's energy levels with **B vitamins**
- ✓ Contains **choline**[#]
- ✓ No artificial colours, flavours, and preservatives

New



Contains **choline**[#]



100% **folic acid** dietary intake*



100% **calcium** dietary intake*



Contains **15** essential vitamins & minerals



Made with pure & natural **a2 Milk™**

[^] 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.

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

Common FAQs



What are the key nutrients in Nutrition for mothers™ which support a woman's increased nutritional needs pre-conception, during pregnancy and whilst breastfeeding?

These include folic acid, iodine, choline, iron, zinc and vitamin B₁₂, plus protein from the a2 Milk™ base. Nutrition for mothers™ also contains added fibre and omega-3.

What is choline?

Choline is an essential nutrient¹. Folic acid assists in preventing neural tube defects, and choline supports folic acid in this role by contributing to normal homocysteine metabolism.

What is the difference between folate and folic acid?

Folate typically refers to the naturally occurring form of this vitamin found in foods, such as green leafy vegetables, beans and lentils. Folic acid is the synthetic form used in supplements and food fortification. Nutrition for mothers™ contains folic acid.

Will Nutrition for mothers™ provide adequate folic acid to meet my requirements?

The recommended dietary intake (RDI) for folate is increased during pregnancy and breastfeeding. Two serves of Nutrition for mothers™ provides 360µg of folic acid, which is 100% of the folate RDI for pregnant women.

There is also a separate recommendation for women to have 400-500µg/day of folic acid pre-conception and for the first 3 months of pregnancy. Following implementation of mandatory fortification, the average folic acid intake for women of child bearing age is now 247µg/day.² This combined with Nutrition for mothers™ would typically be adequate for most women to meet this recommendation for folic acid.

Can I have Nutrition for mothers™ alongside a pregnancy supplement? (e.g. Elevit)

Nutrition for mothers™ is designed to be used instead of a pregnancy multivitamin tablet with the added benefits of the nutrition of a glass of milk in each serve. It is not suitable for use alongside pregnancy supplements unless advised by your healthcare professional.

Does this product contain any added sugar?

Nutrition for mothers™ does not contain added table sugar (sucrose), the major carbohydrate source is the milk sugar lactose. The remainder of the carbohydrate comes from the dietary fibre, inulin.

How much Nutrition for mothers™ do I need?

The recommended intake of Nutrition for mothers™ is 2 serves per day. A serving suggestion is to blend 1 serve of Nutrition for mothers™ with your preferred fruit or vegetable to make a smoothie.

Is Nutrition for mothers™ suitable for women with gestational diabetes or for women with Type 1 diabetes?

As the total carbohydrate content of Nutrition for mothers™ is higher than a regular glass of milk, it may be preferable to consume 4 half sized serves of 115mL (2 scoops to 100mL of cold or warm water) over the day. Before using Nutrition for mothers™, it is best to first check with your treating healthcare professional to assess the suitability of the product for your individual needs. This will depend on other dietary intake, and if on insulin, it will depend on your insulin regime.

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**

1 Zeisal, SH, da Costa, KA. (2009). Choline: an essential nutrient for public health. Nutrition Reviews, 67(11): 615 - 623. doi:10.1111/j.1753-4887.2009.00246.x

2 Australian Institute of Health and Welfare (2016). Folic acid & iodine fortification, <https://www.aihw.gov.au/reports/food-nutrition/folic-acid-iodine-fortification>

Nutrition information

SERVINGS PER PACKAGE: 23 SERVING SIZE: 230mL (4 scoops + 200mL water)

	Avg Qty Per Serving 230mL ⁺	% RDI Per Serving*	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 ₅	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

⁺ Refers to reconstituted milk made up according to directions for use, 4 scoops to 200mL of cold or warm drinking water.

* % 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.

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Disclaimer: The information contained within this document has been developed for use by healthcare professionals and should not be construed as professional medical advice nor as any health claim associated with consuming a2 Milk™ or Nutrition for mothers™.

Nutrition for mothers™ is a supplementary 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. For more information, please contact The a2 Milk Company™ careline on 1800 224 632.