

# PURA HEART ACTIVE

## NUTRITION INFORMATION

SERVINGS PER PACK: 4	SERVING SIZE: 250mL	
	AVE. QTY PER 250 mL SERVE	AVE. QTY PER 100 mL
ENERGY	435 kJ (104 Cal)	174 kJ (42 Cal)
PROTEIN	8.3 g	3.3 g
FAT, TOTAL (EXCLUDING STEROL)	2.5 g	1.0 g
- SATURATED	1.2 g	0.5 g
- TRANS	<0.1 g	<0.1 g
- POLYUNSATURATED	0.5 g	0.2 g
- MONOUNSATURATED	0.5 g	0.2 g
PLANT STEROLS	0.80 g	0.32 g
CARBOHYDRATE, TOTAL	12.0 g	4.8 g
- SUGARS	12.0 g	4.8 g
SODIUM	113 mg	45 mg
CALCIUM	308 mg (38 % RDI*)	123 mg

\*Recommended Dietary Intake