



Nutritional information

Cow & Gate Growing Up milk, 1 ltr ready-to-use

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Typical values per 100ml prepared drink. %RI† / 100ml

		Vitamins		Minerals	
Energy	275kJ 65kcal	Vitamin A	68µg 17%	Calcium	120mg 22%
Fat	2.6g	Vitamin D ₃	3.1µg 44%	Iron	1.2mg 15%
of which saturates	0.6g	Vitamin E	1.1mg α-TE	Zinc	0.9mg 18%
Carbohydrate	8.5g		22%	Iodine	20µg 25%
of which sugars	6.7g	Vitamin K ₁	5.1µg 43%	Others	
Fibre	0.8g	Vitamin C	15mg 33%	GOS/FOS*	1.2g
Protein	1.5g	Riboflavin (B ₂)	0.23mg 33%		
Salt	0.07g	Vitamin B ₁₂	0.4µg 50%		
		Pantothenic Acid	0.58mg 19%		