

PROMAMA®

PROMAMA

PRODUCT

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Meet PROMAMA®, the low fat maternal milk specially formulated to provide essential nutrients to help you achieve your ideal nutrition intake, now with Sphingomyelin, A2 beta-casein and with no added sucrose.

PROMAMA® is a low-fat maternal milk

designed to supply ample nutrients for pregnant and breastfeeding moms, as well as those trying to conceive.

For both pregnant and breastfeeding mothers, what you consume directly affects the development of your child. Nutrients such as DHA, Choline and Folic Acid are especially important because they contribute to the cognitive development of the child. Other nutrients such as Calcium, Iron, Oligofructose and other forms of Vitamins and Minerals are also key to the child's physical development. It is therefore crucial for mothers to supplement themselves with food products that contain these nutrients for better maternal and fetal health.



Contains DHA to help support your baby's growth & development.



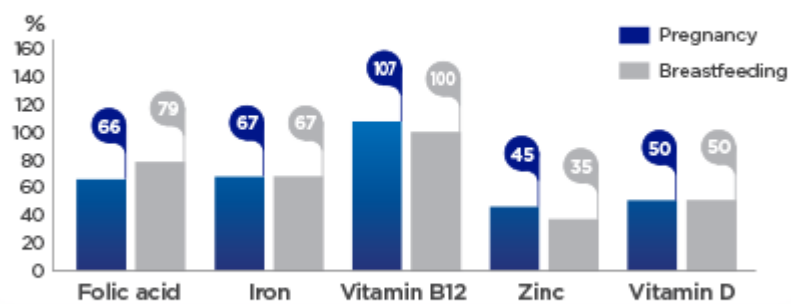
Contains A2 B-Casein and Oligofructose. Oligofructose is a soluble dietary fibre that helps maintain a healthy digestive system.



A glass of PROMAMA® contains only 2.1g of fat, which is similar to that of low fat milk.

PROMAMA® provides nutrients to help support pregnancy and breastfeeding.

**% contribution of PROMAMA®
to daily nutritional needs in two servings¹**



References: 1. Data on file for Promama®, Wyeth Nutrition



There is no gift greater than the life inside you.

We know how important this journey is to you. With PROMAMA®, be assured that you're receiving quality nutrients to support you and the growth and development of your child.

Average Composition/ Purata Komposisi		Per/ Setiap 100g	Per Serving/ Setiap Hidangan 49g
Energy/ Tenaga	kcal	366	181
Fat/Lemak	g	4.2	2.1
Monounsaturated Fatty Acids/ Asid Lemak Monotidaktepu	g	0.8	0.4
Polyunsaturated Fatty Acids/ Asid Lemak Politidaktepu	g	1.5	0.7
-Docosahexaenoic Acid (DHA)/ Asid Docosaheksenoik	mg	66.3	32.8
- Linoleic Acid/ Asid Linoleik	g	1.1	0.5
- α-Linolenic Acid/ Asid α-Linolenik	mg	118	58.3
Saturated Fatty Acids/ Asid Lemak Tepu	g	1.6	0.8
Trans Fatty Acid/ Asid Trans Lemak	g	0.2	0.1
Sphingomyelin	mg	50.0	24.7
Phospholipids/ Fosfolipid	mg	200	98.9
Protein	g	25.6	12.7
Alpha-Lactalbumin/ Alfa-Laktalbumin	g	1.1	0.5
Carbohydrate/ Karbohidrat	g	53.4	26.4
Total Sugars/ Jumlah Gula	g	53.4	26.4
Lactose/ Laktosa	g	53.4	26.4
Sucrose/ Sukrosa	g	0.0	0.0
Dietary Fibre (Oligofructose) / Serabut Diet (Oligofruktosa)	g	5.8	2.9
Sodium/ Natrium	mg	442	219
Potassium/ Kalium	mg	1443	713

Average Composition/ Purata Komposisi		Per/ Setiap 100g	Per Serving/ Setiap Hidangan 49g
Chloride/ Klorida	mg	714	353
Calcium/ Kalsium	mg	693	343
Phosphorus / Fosforus	mg	579	286
Magnesium	mg	65	32
Manganese/ Mangan	µg	1766	873
Vitamin A	µg RE	386	191
Beta-Carotene/ Beta-Karotena	µg	71.8	35.5
Vitamin D	µg	5.1	2.5
Vitamin E	mg TE	8.0	4.0
Vitamin K	µg	36.4	18.0
Vitamin C	mg	90.4	44.7
Vitamin B	mg	0.8	0.4
Vitamin B	mg	0.8	0.4
Niacin/ Niasin	mg	7.4	3.6
Vitamin B	mg	1.0	0.5
Folic Acid/ Asid Folik	µg	404	200
Pantothenic Acid (B ₅)/ Asid Pantotenik	mg	5.1	2.5
Vitamin B	µg	2.9	1.4
Choline/ Kolina	mg	352	174
Iron/ Zat Besi	mg	13.0	6.4
Iodine/ Iodin	µg	129.2	63.9
Zinc/ Zink	mg	6.9	3.4

How To Prepare

PROMAMA® comes in powder form and dissolves easily with water upon stirring. Each carton of PROMAMA® provides a scoop for preparation.

To prepare one serving of PROMAMA® (approx. 240ml):

1. Add 210ml of previously boiled lukewarm water to a cup.
2. Add 8 scoops of powder (49g).
3. Stir vigorously until dissolved.

Lukewarm or Cool Water (Previously Boiled)	Level Scoops	Recommended Servings Per Day
210mL (7fl.oz.)	8	1

If the prepared PROMAMA® is not consumed immediately, the milk supplement should be covered and stored in the refrigerator, then used within 24 hours. Discard any unfinished servings.

PROMAMA® is also highly recommended to be supplemented as part of a varied and

balanced diet, and active lifestyle.

Keep unopened pouch (in box) in a cool, dry place. Close the pouch tightly after use. Use within 4 weeks of opening. Avoid prolonged storage at excessive temperatures. Do not keep opened pouch in the refrigerator. See expiration date on the bottom of the box.