



## Product Information Sheet



Prod No.	GTIN	Product Name	Pack Size	Shelf Life	Serves / Pack	Brand	Sub Brand	Type	Sub Type	PackID
12579185	9300605155633	NESTLÉ MILO	20G	15 Months	1	MILO				90789/95K1733

<b>Product Name</b>	NESTLÉ MILO
<b>Description</b>	Formulated Supplementary Food. MILO is a nutritious supplement for use when energy and nutrient intakes may not meet individual needs.

<b>Ingredients</b>	<p>Ingredients: EXTRACT OF MALT BARLEY OR MALT BARLEY AND RICE (TOTAL EXTRACT 38%), MILK SOLIDS, SUGAR, COCOA*, CHOC MALT BLEND (SOY), MINERALS (CALCIUM, IRON), VITAMINS (C, B3, B6, B2, D, B12).</p> <p>CONTAINS GLUTEN, MILK, SOY.</p> <p>*Rainforest Alliance Certified™</p>
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Allergens		
Allergen Name	Formulated Into Product	Via Cross Contact
<b>No Known Cross Contact Allergens</b>		✓
Milk and milk products	✓	
Soy and soy products	✓	
Barley and barley products	✓	
Cereal Grain containing Gluten and its Derivatives	✓	

Dietary	
Dietary Questions	
Is the product suitable for a Vegetarian Diet? (May contain Egg, Dairy and/or Honey, but no other animal or animal-derived products as per the ingredients label on pack)	Yes
Is the product suitable for a Vegan diet? (Does not contain any animal-derived products or Vitamin D from lanolin as per the ingredients label on pack.)	No
Is the product Halal Certified?	Yes
Is the product Kosher Certified?	No
Is the product free from artificial Colours	Yes
Is the product free from artificial Flavours?	Yes

### Nutritional Information

NESTLÉ MILO					
Servings Per Pack: 1	per 20g Serving	per 100g	per 20g with 200ml Skim Milk	%DI per 20 with 200ml Skim Milk	Average Quantity per Serving/100g
<b>Serving Size: 20</b>					
Energy	340 kJ 80 Cal	1690 kJ 400 Cal	630 kJ 150 Cal	7%	
Protein	2.5 g	12.3 g	10.0 g	20%	
Fat-total	1.7 g	8.4 g	1.7 g	2%	
- Saturated	1.0 g	4.9 g	1.0 g	4%	
Carbohydrate	11.9 g	59.5 g	22.8 g	7%	
- Sugars	8.3 g	43.6 g	19.8 g	22%	
- lactose	2.5 g	12.3 g	13.5 g		
- added sugars	6.3 g	31.3 g	6.3 g		
Dietary Fibre	0.8 g	4.1 g	0.8 g	3%	
Sodium	28 mg	140 mg	110 mg	5%	
				%RDI**	
Riboflavin (B2)	0.32 mg	1.59 mg	0.67 mg	40%	
Niacin (B3)	2.5 mg	12.5 mg	2.5 mg	25%	
Vitamin B6	0.4 mg	2.0 mg	0.4 mg	25%	
Vitamin B12	0.4 µg	2.0 µg	1.0 µg	50%	
Vitamin C	9 mg	44 mg	9 mg	23%	
Vitamin D	2.7 µg	13.5 µg	2.8 µg	28%	
Calcium	170 mg	830 mg	400 mg	50%	
Iron	3.6 mg	18 mg	3.6 mg	30%	
Phosphorus	140 mg	720 mg	340 mg	34%	

All specified values are averages  
 \*Percentage Daily Intakes are based on an average adult diet of 8700kJ.  
 RDI - Recommended Dietary Intake  
 Average Quantities (to appear upper left corner of NIP Table, below serve size: 20g)

### Statements and Claims

We source 100% Rainforest Alliance Certified cocoa to create a brighter future. Join us in building stronger communities. [www.ra.org](http://www.ra.org) [www.nestlecocoaplan.com](http://www.nestlecocoaplan.com)

GI=36 (Low) made with skim milk

The GI is a ranking of carbohydrates according to their effect on blood glucose levels

#### FOP- Active-Go

Efficient Energy Release<sup>^</sup> 8 Vitamins & Minerals

<sup>^</sup>When MILO and milk is consumed as part of a healthy diet containing a variety of foods.

### Preparation or User Instructions

GREAT HOT OR COLD.

Empty contents of sachet into a glass.

Add COLD or HOT (not boiling) skim milk & stir.

Country  
of Origin  
Labelling



Storage Instructions

STORE IN A COOL, DRY PLACE.

Contact Details

Company	Address	Suburb	State	Postcode	Country
Nestlé Australia Ltd,	1 Homebush Bay Dr,	Rhodes	NSW	2138,	Australia.

### Consumer Contact Phone

In Australia call 1800 20 30 50  
In New Zealand call 0800 830 840

### Australasian Recycling Label

✓ Micro Size in use



### QR Code

**Disclaimer: This information is accurate on the date issued. Ensure you have the latest! Always read the product label before consuming!**

Status: Active

Effectivity Date:

Issued Date: 20/03/2025 @ 13:54

**nutribank.**  
OnPack