



ACTIVE LIGHT GRASS FED MILK POWDER



FROM THE GOLDEN VALLEYS
OF IRELAND

WHAT IS GRASS FED MILK?

The nutrient rich grass and clover our cows graze produces a superior tasting milk powder with natural health benefits. Our cows graze on our open pastures for an average of 250 full time days over the season.

AERABO ACTIVE LIGHT, A LOW FAT MILK POWDER

A healthy and delicious, low fat drink with high protein, added vitamins and calcium for holistic wellness. High in Vitamin D, Iron and Folic Acid for those seeking a healthy, fortified lower calorie dairy drink that delivers grass fed, natural nutritional goodness.

BROUGHT TO YOU BY DAIRYGOLD

With 2,650 milk suppliers and a turnover of €1.65billion, Dairygold is Ireland's leading multi purpose Dairy and Agri Co-Operative Business. From the most fertile dairy hinterland in the world, our mission is to nourish people across the globe with naturally sourced, gold standard dairy ingredients. Please visit www.dairygold.ie



HEALTH & NUTRITION

The Gold Standard. Powdered Milk

www.aerabo.ie

HERO INGREDIENTS

Typical Value	Per 100g	Reference Intakes*
Energy (kJ)	1538 kJ / 366 kcal	8400 kJ / 2000 kcal
Fat	2.8 g	70.0 g
of which Saturates	1.7 g	20.0 g
Carbohydrate	60.5 g	260.0 g
of which Sugars	60.5 g	90.0 g
Protein	25.0 g	50.0 g
Salt**	0.87 g	600 g

Vitamin A	600 µg RE	800 µg RE (75% RI)
Vitamin D	10.0 µg	5.0 µg (200% RI)
Vitamin B2	1.5 mg	1.4 mg (107% RI)
Vitamin B6	1.4 mg	1.4 mg (100% RI)
Biotin	21 µg	50 µg (42% RI)
Folic Acid	200 µg	200 µg (100% RI)
Vitamin B12	21 µg	2.5 µg (84% RI)
Potassium	100 mg	2000 mg (55% RI)
Calcium	800 mg	800 mg (125% RI)
Phosphorus	675 mg	700 mg (26% RI)
Magnesium	75.0 mg	375.0 mg (20% RI)
Iron	90 mg	14.0 mg (64% RI)
Zinc	90 mg	10.0 mg (90% RI)
Iodine	85.0 µg	150.0 µg (57% RI)
Choline	105 mg	400 mg (26% RI)

Allergens:

Milk, Soya

Storage Advice:

Product should be stored in a cool dry place not in direct sunlight. Once opened, the product should be consumed within 30 days.

Intended Use:

This product is intended for general adult nutrition and not for infant formula.

Serving Suggestion:

30g (3 x scoops) of Aerabo Active Light powder is to be mixed with 200ml of water at 40°C. Stir and consume.



WHAT MAKES GRASS FED MILK FROM IRELAND SPECIAL?



95% of the typical diet of Irish cows comes from lush green grass and clover.



1,250mm average annual rainfall creates perfect growing conditions for grass.



10°C average annual temperature created by the warmth of the gulf stream across our coast.



Average days on pasture creating healthy, happy cows.

HEALTH BENEFITS OF AERABO GRASS FED MILK POWDER

- ✓ Higher values of true protein.
- ✓ Higher values of the essential amino acid tryptophan.
- ✓ Higher values of vitamin B2 (riboflavin).
- ✓ Higher values of conjugated linoleic acid (CLA).
- ✓ Higher values of provitamin A.
- ✓ Higher in Beta Carotene.
- ✓ Higher levels of anti-oxidant tocopherols.



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