

Nurturing Mum and Baby, Every Step of the Way

Nature One Dairy Pregnancy with Probiotics is formulated for pregnant mothers through every stage, from pregnancy to breastfeeding and nutrients replenishment after birth.

With Lactoferrin to strengthen immunity, DHA and folic acid to support healthy brain and nervous system development, and probiotics to promote digestive wellness, our formula nourishes both mother and baby throughout their vital journey together.



**Added
Lactoferrin**



**HN019™ +
HN001™
Probiotics**



**High in
Calcium**



Every scoop is designed to give mums the essential nutrients to help their baby grow, while keeping mum strong, energised, and confident.



Any questions about our products?
Contact us at enquiries@natureonedairy.com

Est Reg. No.: 1879
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For further information, please visit:
www.natureonedairy.com

® NATURE ONE DAIRY is an Australian Registered Trade Mark, Trade Mark No. 1687068



From Pregnancy to Parenthood

Supporting you and your baby



**19
VITAMINS &
MINERALS**

- ✓ Dual Probiotics (HN019™ & HN001™) for Mum & Baby
- ✓ Low GI to Help Manage Blood Sugar Levels
- ✓ Added Lactoferrin for Immune Support
- ✓ DHA & Folic Acid for Baby's Development
- ✓ High in Calcium for Strong Bones





Trusted Australian Quality

Made from 100% Australian Grass-fed cow's milk, known for its high nutritional value and creamier taste.



HN019™ and HN001™ Probiotics

Our formula is specially enhanced with unique HN019™ and HN001™, dual probiotics that offer targeted support for both mother and child.

For Mum



Helps reduce the risk of gestational diabetes



Supports healthy digestion during pregnancy

For Baby



May help lower the risk of infant eczema



Supports the development of a healthy gut

Together, these probiotics assist in promoting better intestinal health, immune defence, and overall wellbeing, starting from pregnancy and continuing into early life.



Low GI for Blood Sugar Control*

Managing blood sugar is a key concern during pregnancy, due to the risk of developing gestational diabetes. Our formula has a low glycemic index (GI) of 25.0 and contains only naturally occurring sugars from lactose, no added sugars, just the natural goodness of milk.



From Pregnancy to Postpartum: Nutrition That Supports Every Stage



Choline

Supports healthy liver function and contributes to baby's brain development.



DHA

Essential for development of baby's brain and eye health.



Dietary Fibre

Promotes growth of beneficial gut bacteria for digestive health, supporting digestive comfort during and after pregnancy.



Folic Acid & Iron

Helps reduce fatigue during pregnancy while replenishing mum's iron levels after birth.



Lactoferrin

Strengthens the immune system and enhances iron absorption for both mum and baby.



Protein

Provides essential building blocks for baby's growth, while aiding tissue repair and for mum's recovery after delivery.

Nutrition Information

Servings per package: 17

Serving Size: 6 scoops (approximately 51g) in 250ml water

	Units	Per 250ml serving	NRV %RDI* per serving	Per 100g
Energy	kJ	858		1682
	Cal	205		402
Protein	g	11.3	19%	22.2
- Lactoferrin	mg	51		100
Fat	g	5.4	8%	10.5
- Saturated	g	2.9	12%	5.7
- DHA (Docosahexaenoic Acid)	mg	51		100
Carbohydrates	g	26.4	9%	51.9
- Sugar	g	26.4	29%	51.9
- Lactose	g	26.4		51.9
Dietary Fibre (FOS)	g	2.2	7%	4.3
Sodium	mg	123	6%	242
Minerals				
Calcium	mg	396	40%	776
Phosphorus	mg	322	28%	632
Potassium	mg	465		911
Zinc	mg	3.6	32%	7.0
Magnesium	mg	41	12%	80
Iron	mg	6.6	25%	13
Iodine	µg	62		122
Vitamins				
Vitamin A	µg RE	120	15%	236
Vitamin D	µg	1.9		3.8
Vitamin E	mg α-TE	3.5		6.8
Vitamin B1	µg	561	40%	1100
Vitamin B2	µg	653	47%	1280
Niacin	µg	3162	18%	6200
Vitamin B6	µg	765	40%	1500
Vitamin B12	µg	1.2	47%	2.4
Vitamin C	mg	51	85%	100
Folates	µg-DFE	301	50%	590
Choline	mg	102		200
Probiotics				
<i>Bifidobacterium Lactis</i> (HN019™)	cfu	51 million		100 million
<i>Lactobacillus Rhamnosus</i> (HN001™)	cfu	71 million		140 million

* Nutrient Reference Values for Australia and New Zealand (Pregnant Women 19-50 years old).

Recommended dietary intake based on an average 2nd trimester pregnant adult of 8700kJ and an additional 1400kJ.

What Does Sugar Content From Lactose Mean?



Sugar content shown on our nutritional label refers to the sugar naturally present from milk. Lactose is digested slowly, providing a steady source of energy without causing sharp spikes in blood sugar and thus, helping mums to maintain stable blood sugar levels. ^

^ For more personalised nutritional advice, always consult your doctor or healthcare professional before consumption.

*A glycemic index (GI) study was conducted by Sydney University's Glycemic Index Research Service (SUGIRS) using international recognised experimental procedures to certify that the product has a low GI value.