



Wyeth Nutrition

NEW LOOK

0g SUCROSE

PROMAMA

Folic Acid & Iron

Calcium & Vitamin D

Sphingomyelin

DHA Prebiotic

One serving (10g powder) /  
satu takaran (10g serbuk)

Energy  
181 kcal

Based on 100g kcal /  
berdasarkan 100g kcal

NET WEIGHT/BERAT BERSIH: 600g

FORMULATED MILK FOR PREGNANT & LACTATING MOTHERS  
SUSU BUNYAN UNTUK IBU MENDANGUNG & MENYUSUKAN ANAK

**PROMAMA** is a formulated milk designed to support women during pregnancy and lactation to meet their extra nutritional needs. **PROMAMA** contains important nutrients such as **DHA (86.3mg/100g)**, **Calcium**, **Vitamin D**, **Probiotic (Lactoflora)** and **Zinc**. It also contains **Folic Acid** and **Iron** which are essential during these critical stages.

**PROMAMA** diformulasikan dan dirakit khas untuk menyokong wanita semasa hamil serta penyusuan bayi untuk memenuhi keperluan nutrien tambahan mereka. **PROMAMA** mengandungi nutrien penting seperti **DHA (86.3mg/100g)**, **Kalsium**, **Vitamin D**, **Probiotik (Lactoflora)**, dan **Zink**. Ia juga mengandungi **Asid Folik** dan **Zat Besi** yang amat diperlukan dalam peringkat penting ini.

**High in Folic Acid, Iron, Calcium & Vitamin D**  
Tinggi Asid Folik, Zat Besi, Kalsium & Vitamin D

**High in Protein & Lower in Fat\***  
Tinggi protein dan lemak rendah

**Lactoflora & DHA**  
Lactoflora to help support overall development. DHA is rich in omega-3 fatty acids which are essential for brain development.

**Probiotic (Lactoflora)**  
Helps to maintain a healthy gut flora and supports overall immune system.

\*Contains added sugar (10g) and contains some sodium (100mg).  
\*Mengandungi gula tambahan (10g) dan mengandungi sedikit natrium (100mg).

**PREPARATION INSTRUCTIONS / ARAHAN PENTIDHAAN**

To prepare one serving of **PROMAMA**, add 8 scoops (210 ml) of powder to warm water (210 ml). Mix well and keep the lid closed. Do not shake and do not drink. Do not use for more than 24 hours after opening. For more information, please contact your health care professional based on your national rules.

**PROMAMA** should be reconstituted according to directions before use. Read and immediately prepare **PROMAMA** shortly after opening and do not store for more than 24 hours. Discard after 24 hours.

Untuk menyediakan satu hidangan **PROMAMA**, tambah 8 sudu (210 ml) serbuk ke dalam air suam (210 ml). Campurkan dengan baik dan tutup penutup. Jangan guncang dan jangan minum. Jangan simpan lebih daripada 24 jam selepas membuka. Untuk maklumat lanjut, sila hubungi pakar kesihatan anda. **PROMAMA** perlu dibancuh mengikut arahan sebelum digunakan. Sila baca arahan dengan segera. **PROMAMA** harus dibancuh dan diminum segera selepas dibuka dan jangan disimpan lebih daripada 24 jam selepas dibuka.

Per serving size of 240 ml = 8 scoops + 210 ml lukewarm water

Satu hidangan 240 ml = 8 sudu (10g serbuk) + 210 ml air suam

**STORAGE INSTRUCTIONS / ARAHAN PENYIMPANAN**

Do not use before returning back to the pouch. Store pouch in an airtight container in a cool and dry place. Use within 4 weeks of opening. Avoid prolonged storage at room temperature. Do not keep the opened pouch in the refrigerator after opening. Light leak is not used in hot sun or rain.

Jangan gunakan sebelum dibungkus kembali ke dalam beg. Simpan beg dalam bekas kedap udara di tempat yang sejuk dan kering. Elakkan simpan lama di suhu bilik. Elakkan simpan lama di suhu bilik. Jangan simpan dalam peti sejuk selepas dibuka. Jangan simpan dalam peti sejuk selepas dibuka. Jangan simpan dalam peti sejuk selepas dibuka. Jangan simpan dalam peti sejuk selepas dibuka.







# PROMAMA®

PROMAMA

PRODUCT

## PROMAMA® Pregnancy Milk Powder Supplement

For pregnant and breast feeding mothers



Request for a sample Request for a sample

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.

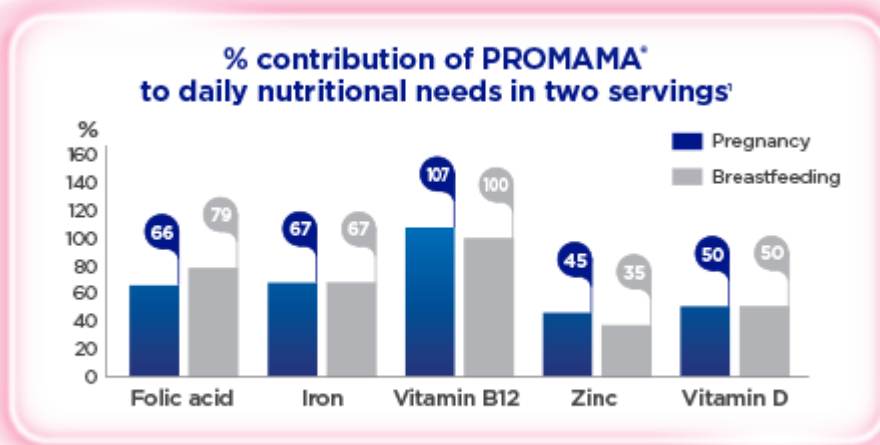


Contains A2 B-Casein and Oligofructose. Oligofructose is a soluble dietary fibre that helps maintain a healthy digestive system.



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.**



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.

## **Nutritional Info**

Average Composition/ Purata Komposisi		Per/ Setlap 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 <sub>5</sub> )/ 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

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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.

## **Storage Instruction**

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.