

# It's all about yogurt!

15%

## OF OUR RECOMMENDED DAILY POTASSIUM\*

Contributes to normal muscle and nerve function and is good for our blood pressure.

26%

## OF OUR RECOMMENDED DAILY CALCIUM\*

Needed for growth and maintenance of bones. It also helps muscle and nerve function, normal blood clotting and maintenance of healthy teeth.

18%

## OF OUR RECOMMENDED DAILY B12\*

Helps us feel less tired, benefits our immune system and contributes to the release of energy from our food

13%

## OF OUR RECOMMENDED DAILY PROTEIN\*

Contributes to growth and maintenance of healthy bones and muscle.

16%

## OF OUR RECOMMENDED DAILY THIAMIN\*

Also known, it contributes to normal nerve and heart function.

23%

## OF OUR RECOMMENDED DAILY RIBOFLAVIN\*

Also known as vitamin B2, it helps us make the most of the energy we get from our food and is good for our skin.

48%

## OF OUR RECOMMENDED IODINE\*

Good for growth, releasing energy from food and for our skin.

26%

## OF OUR RECOMMENDED DAILY PHOSPHORUS\*

Helps towards the maintenance of healthy bones and teeth.



\* 150g pot