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

13% of our recommended daily **protein**
Contributes to the maintenance of normal bones and muscle, and growth in muscle mass.

16% of our recommended daily **thiamin**
Also known as vitamin B1, it contributes to normal nerve and heart function.

20% of our recommended daily **vitamin B12**
Helps us feel less tired, benefits our immune system and contributes to the release of energy from our food.

26% of our recommended daily **phosphorus**
Helps maintain normal bones and teeth.

26% 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 contributes to the maintenance of normal vision and skin.

48% of our recommended daily **iodine**
Contributes to the maintenance of normal skin, cognitive function and helps release energy from food.

*150g pot low-fat fruit yogurt*