

31%

OF OUR RECOMMENDED
DAILY CALCIUM*

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

14%

OF OUR RECOMMENDED
DAILY PROTEIN*

Contributes to the maintenance of
normal bones and muscle, and growth
in muscle mass.

35%

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.

74%

OF OUR RECOMMENDED
DAILY VITAMIN B12*

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

23%

OF OUR RECOMMENDED
DAILY VITAMIN B5*

Also known as Pantothenic acid. Contributes
to the reduction of tiredness and fatigue.

41%

OF OUR RECOMMENDED
DAILY IODINE*

Contributes to the production of thyroid
hormones and thyroid function.



* 200ml glass
semi-skimmed
milk

28%

OF OUR RECOMMENDED
DAILY PHOSPHORUS*

Contributes to the maintenance of
normal bones and normal teeth.