

15%

**OF OUR RECOMMENDED  
DAILY POTASSIUM\***

Contributes to normal muscle and nerve function and helps us maintain our blood pressure.

26%

**OF OUR RECOMMENDED  
DAILY CALCIUM\***

Helps us maintain our bones and teeth, as well as our muscle and nerve function.  
Contributes to blood clotting.

18%

**OF OUR RECOMMENDED  
DAILY VITAMIN B12\***

Plays a role in cell division and contributes to our red blood cell formation.

13%

**OF OUR RECOMMENDED  
DAILY PROTEIN\***

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

15%

**OF OUR RECOMMENDED  
DAILY THIAMIN\***

Also known as vitamin B1, 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 contributes to the maintenance of normal vision and skin.

48%

**OF OUR RECOMMENDED  
DAILY IODINE\***

Helps us maintain our skin and contributes to cognitive function.



\* 150g pot low-fat fruit yogurt

26%

**OF OUR RECOMMENDED  
DAILY PHOSPHORUS\***

Helps maintain normal bones and teeth.