OF OUR RECOMMENDED DAILY PROTEIN*
Contributes to the maintenance of normal bones.
Contributes to the growth and maintenance of muscle mass.

15%

OF OUR RECOMMENDED DAILY PHOSPHORUS*
Contributes to the maintenance of normal bones and teeth.
Important for normal release of energy from foods.

22%

OF OUR RECOMMENDED DAILY CALCIUM*
Contributes to the maintenance of normal bones and teeth.
Important for normal blood clotting.
Important for muscle and nerve function.

28%

OF OUR RECOMMENDED DAILY VITAMIN A
FULL-FAT VARIETIES ONLY*
Helps us maintain our vision as well as our skin and immune system.

15%

* 30g servings (a piece of hard cheese that's about the length and width of two female thumbs)

29%

OF OUR RECOMMENDED DAILY VITAMIN B12*
Helps to make red blood cells, which carry oxygen around the body.
Important for the normal functioning of the immune system.
Important for normal nerve function.

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