

15%

**OF OUR RECOMMENDED
DAILY PROTEIN***

Contributes to the maintenance of
normal bones.

Contributes to the growth and
maintenance of muscle mass.

28%

**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.

15%

**OF OUR RECOMMENDED
DAILY VITAMIN A**

FULL-FAT VARIETIES ONLY*

Helps us maintain our vision as well
as our skin and immune system.

22%

**OF OUR RECOMMENDED
DAILY PHOSPHORUS***

Contributes to the maintenance of
normal bones and teeth.

Important for normal release of energy
from foods.

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.



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