**OF OUR RECOMMENDED DAILY IODINE**
Contributes to the production of thyroid hormones and thyroid function.

**14%**

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

**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.

**41%**

**OF OUR RECOMMENDED DAILY VITAMIN B12**
Helps us feel less tired, benefits our immune system and contributes to the release of energy from food.

**74%**

**OF OUR RECOMMENDED DAILY VITAMIN B5**
Also known as Pantothenic acid. Contributes to the reduction of tiredness and fatigue.

**14%**

**OF OUR RECOMMENDED DAILY PHOSPHORUS**
Contributes to the maintenance of normal bones and normal teeth.

**28%**

**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.

**35%**

*200ml glass semi-skimmed milk*