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

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

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

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**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.

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