

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)