

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.

14%

**OF OUR RECOMMENDED
DAILY PROTEIN***

Contributes to the maintenance of normal bones and muscle, and growth in muscle mass.

35%

**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.

74%

**OF OUR RECOMMENDED
DAILY VITAMIN B12***

Helps us feel less tired, benefits our immune system and contributes to the release of energy from food.

23%

**OF OUR RECOMMENDED
DAILY VITAMIN B5***

Also known as Pantothenic acid. Contributes to the reduction of tiredness and fatigue.

41%

**OF OUR RECOMMENDED
DAILY IODINE***

Contributes to the production of thyroid hormones and thyroid function.



* 200ml glass
semi-skimmed
milk

28%

**OF OUR RECOMMENDED
DAILY PHOSPHORUS***

Contributes to the maintenance of normal bones and normal teeth.