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.

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.

41% 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.

28% OF OUR RECOMMENDED DAILY PHOSPHORUS*
Contributes to the maintenance of normal bones and normal teeth.

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.

23% OF OUR RECOMMENDED DAILY VITAMIN B5*
Also known as Pantothenic acid. Contributes to the reduction of tiredness and fatigue.

* 200ml glass semi-skimmed milk

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