

15%

**OF OUR RECOMMENDED
DAILY POTASSIUM***

Contributes to normal muscle and nerve function and helps us maintain our blood pressure.

13%

**OF OUR RECOMMENDED
DAILY PROTEIN***

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

15%

**OF OUR RECOMMENDED
DAILY THIAMIN***

Also known as vitamin B1, it contributes to normal nerve and heart function.

26%

**OF OUR RECOMMENDED
DAILY CALCIUM***

Helps us maintain our bones and teeth, as well as our muscle and nerve function.
Contributes to blood clotting.

23%

**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 contributes to the maintenance of normal vision and skin.

18%

**OF OUR RECOMMENDED
DAILY VITAMIN B12***

Plays a role in cell division and contributes to our red blood cell formation.



* 150g pot low-fat fruit yogurt

48%

**OF OUR RECOMMENDED
DAILY IODINE***

Helps us maintain our skin and contributes to cognitive function.

26%

**OF OUR RECOMMENDED
DAILY PHOSPHORUS***

Helps maintain normal bones and teeth.