15% of our recommended daily potassium
Contributes to normal muscle and nerve function and helps us maintain our blood pressure.

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.

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

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.

26% of our recommended daily phosphorus
Helps maintain normal bones and teeth.

48% of our recommended daily iodine
Helps us maintain our skin and contributes to cognitive function.

* 150g pot low-fat fruit yogurt

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

*150g pot low-fat fruit yogurt

Helps maintain normal bones and teeth.