

MILK IS A SINGLE NATURAL SOURCE OF VITAMINS AND MINERALS

A 200 ML glass of semi-skimmed milk gives you

31%*

of the adult daily
recommended intake of

Calcium

That is needed for the maintenance of normal
bones and normal teeth

14%*

of the adult daily
recommended intake of

Protein

That contributes to growth and
maintenance of muscle mass

27%*

of the adult daily
recommended intake of

Vitamin b2

That contributes to reduction of tiredness
and fatigue

45%*

of the adult daily
recommended intake of

Vitamin b12

That contributes to the normal function of
the immune system