

# 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

\*Percentages based on North European average (DK, UK, GE, FI, SE)