Milk is a single natural source of vitamins and minerals.

A 200ml glass of semi-skimmed milk gives you:

- **31%** * \(^1\) of the adult daily recommended intake of **Calcium**
  - That is needed for the maintenance of normal bones and normal teeth

- **14%** * \(^1\) of the adult daily recommended intake of **Protein**
  - That contributes to growth and maintenance of muscle mass

- **27%** * \(^1\) of the adult daily recommended intake of **Vitamin b2**
  - That contributes to reduction of tiredness and fatigue

- **45%** * \(^1\) of the adult daily recommended intake of **Vitamin b12**
  - That contributes to the normal function of the immune system

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\(^1\) Percentages based on North European average (DK, UK, GE, FI, SE)