



Moo Milk

Moo milk is versatile, wholesome and a great source of calcium. It's also filled to the brim with vitamins and minerals including riboflavin and vitamin B12 — perfect for strong bones and all-round wellbeing.

Moo milk is made here in the UK by our co-operative of over 1,500 dairy farmers - farmers who care for their cows and look after the environment. Happy cows make great quality milk, and Moo milk is perfect just as it is - we don't take anything away or add anything to it. All we do is heat-treat it so that it lasts longer than ordinary milk. Moo milk will keep in a cupboard for up to 6 months before drinking.

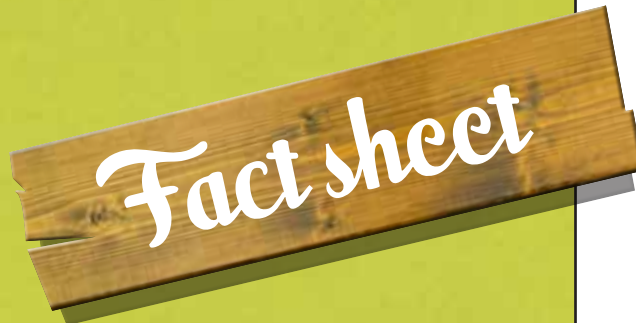


Mootrition

A 200ML GLASS OF MOO MILK GIVES YOU:

30% RDA CALCIUM
for strong bones and teeth

82% RDA VITAMIN B12
for healthy red blood cells.



<i>whole</i>	
VALUES per 100ML	
Energy	267kJ/64kcal
Protein	3.4g
Carbohydrate	4.6g
of which sugars	4.6g
Fat	3.6g
of which saturates	2.3g
Fibre	Nil
Sodium	0.045g
Vitamin B12	41% RDA
Calcium	15% RDA

RDA = Recommended Daily Allowance

<i>semi skimmed</i>	
VALUES per 100ML	
Energy	194kJ/46kcal
Protein	3.5g
Carbohydrate	4.6g
of which sugars	4.6g
Fat	1.6g
of which saturates	1g
Fibre	Nil
Sodium	0.045g
Vitamin B12	41% RDA
Calcium	15% RDA

RDA = Recommended Daily Allowance

<i>skimmed</i>	
VALUES per 100ML	
Energy	140kJ/33kcal
Protein	3.5g
Carbohydrate	4.5g
of which sugars	4.5g
Fat	0.1g
of which saturates	0g
Fibre	Nil
Sodium	0.045g
Vitamin B12	41% RDA
Calcium	16% RDA

RDA = Recommended Daily Allowance

For further information about Moo milk and a selection of great recipes, visit www.moomilk.co.uk