



Benefits of School Milk

Both whole and semi-skimmed milk contain essential vitamins and minerals that support a wide range of functions in the body, including:



Vitamin B12
to aid energy
release



Protein
for muscle repair
and growth



Vitamin B12
to boost the
immune system



Calcium
for strong
bones & teeth



Phosphorus
to strengthen
bones



Potassium
to regulate
blood pressure



Iodine
to support your
metabolism