

# BE PROUD TO SHARE THE GOODNESS OF MILO®

Each cup of MILO® has the goodness of milk,  
malted barley, cocoa, vitamins and minerals to go further



## MILK

Renowned source of  
protein and calcium



## COCOA

Gives the chocolatey  
taste that you like



## MALTED BARLEY

Which is a good  
source of energy

6 vitamins  
& 2 minerals

1 teaspoon  
of added table  
sugar (sucrose)



### DID YOU KNOW



1 Cup of MILO®  
contains **159kcal**,  
which is **8%** of your  
energy needs per day\*

\*based on 2000kcal

MILO 100g contains:

Iron : 21.8 mg , Calcium : 594 mg , Vitamin B2 : 1.8 mg , Niacin : 30.1 mg ,  
Vitamin B6 : 2.3 mg , Vitamin B12 : 3.6 µg , Vitamin C : 54 mg and Vitamin D : 7.4 µg



**NOURISH  
TO GO FURTHER**