

NATURALLY  
RICH IN  
PROTEIN



IMPORTANT



PROTEIN-GREAT  
FOR GROWING  
BONES

RED MEAT

PROTEIN, IRON, ZINC,  
B VITAMINS, VITAMIN D,  
SELENIUM AND IODINE  
ALL WRAPPED UP  
IN ONE EASY TO  
ABSORB PACKAGE



FACTS



GREAT SOURCE  
OF ZINC, WHICH  
BOOSTS THE  
IMMUNE SYSTEM

ASK YOUR Q GUILD BUTCHER FOR ONE OF OUR RED MEAT MYTHBUSTER LEAFLETS

Full of facts on the health benefits of eating red meat as part of a balanced diet

You can also visit [www.qguild.co.uk](http://www.qguild.co.uk) to find out more information.

