

# LAMB

Full of flavour and taste, a great versatile meat

Lamb is naturally rich in protein which helps muscle growth

Lamb naturally contains four essential vitamins\* that help reduce tiredness and fatigue

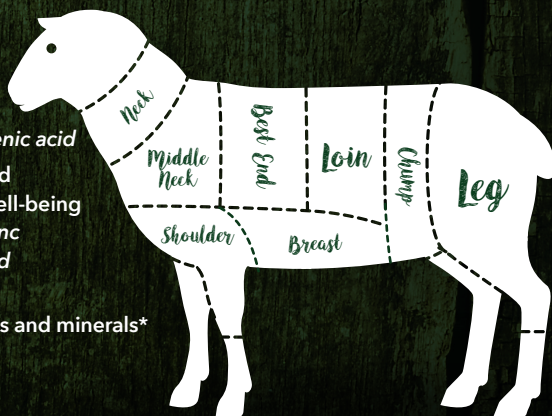
*\*niacin, vitamins B6 and B12 and pantothenic acid*

Lamb naturally contains seven vitamins and minerals\* that support good health and well-being

*\*niacin, vitamin B6 and vitamin B12 and zinc and a source of potassium, phosphorus and pantothenic acid.*

Lamb is a source of three essential vitamins and minerals\* which help the immune system to work

*\*Vitamins B6, B12 and zinc*



# BEEF

Naturally rich in protein, it always tastes great

Beef is naturally rich in protein which helps muscle growth

Beef is a source of iron which helps the immune system to work and helps reduce tiredness and fatigue

Beef provides 8 essential vitamins and minerals\* that support good health and well-being.

*\*niacin, vitamins B6 and B12, riboflavin, plus iron, zinc, potassium and phosphorus*

Beef is a rich source of zinc, which supports normal cognitive function, fertility and reproduction

