



MILK,
TAKECARE of
 your **BODY.**
 It's the only
 place you have
 to **LIVE**



MILK PROVIDES ENERGY TO THE BODY



Karachi Dairy & Cattle Farm:
 Farm# 6 & 7, Jamil Memon Society,
 Super Highway Karachi, Near Bahria Town

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0333-0600934

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Social Media Contact:



Fresh
MILK *Everyday*
LOOKS GOOD
ON YOU



MILK
NATURAL PRODUCT
PURE & FRESH



www.meatoz.pk

Why use MEATOZ Milk?

- ✓ Fresh and Pure Milk
- ✓ Strengthens bones and muscles
- ✓ Improves brain health
- ✓ Energy Booster and Heartburn Eliminator
- ✓ A rich source of protein
- ✓ Reduces stress and tiredness
- ✓ Promote your skin elasticity and keep healthy
- ✓ Strengthen your teeth



HORMONE FREE MILK



BENEFITS OF MILK AND OTHER DAIRY PRODUCTS

Milk and dairy products are the major food source of calcium and protein in most developed countries, including Australia. One litre of milk can provide approximately 1200 mg of calcium, representing more than the daily requirement for calcium. Calcium in milk is in a bioavailable form and is readily absorbed. The absorption of calcium is enhanced by vitamin A and lactose.

The biggest setback to using milk and dairy products is that the public in general, and teenagers and women in particular, tend to avoid milk and dairy products because of their fat content.



Calcium	=	Strong Bones
Vitamin D	=	Calcium Absorption
Riboflavin	=	Energy
Phosphorus	=	Strong Bones
Protein	=	Lean Muscle
Potassium	=	Fluid Balance & Blood Pressure
Vitamin A	=	Good Vision & Skin Health
Vitamin B12	=	Red Blood Cell Formation
Niacin	=	Energy