

# YOUR BONES WILL LOVE IT. SO WILL YOU.

Not only is Anlene great for your bones, it tastes great too. In fact, it tastes just like regular milk so it's perfect on its own, with cereal, or in your tea, coffee, milkshakes and smoothies. You can also get Anlene yoghurt, in strawberry and apricot.

Just two serves of Anlene\* a day provides 100% of the recommended daily intake of calcium, vitamin D and vitamin K for adults, as well as magnesium and zinc. All of which are needed for maintaining strong, healthy bones. So next time you're in the supermarket, grab some Anlene, and try our delicious, nutritious fruit smoothie recipe.



The smoothie provides 100% RDI of calcium, vitamin D and K for adults

## Anlene Fruit Smoothie

150g tub Anlene Yoghurt (any flavour)

200ml Anlene Low Fat Milk Drink

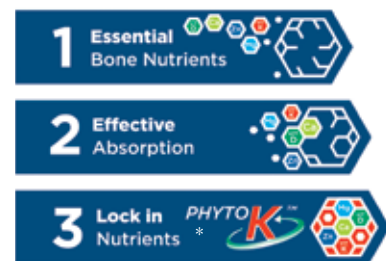
1 Banana

150g Fresh or Frozen Mixed Berries

Place all ingredients in a blender and blend for a couple of minutes. Drink straight away for a daily boost of bone nutrients.

## The Power Of Three

The essential nutrients needed by your bones are effectively absorbed and lock in with Phyto K.



\*Based on Anlene and independent trials.



Allison Roe, Marathon Champion.

FOR MORE INFORMATION PLEASE VISIT [WWW.ANLENE.CO.NZ](http://WWW.ANLENE.CO.NZ) OR PHONE US ON 0800 103 778.

Anlene is a dietary supplement for adults. Always read the label and use as directed. Anlene should be used in conjunction with a balanced diet and exercise. \*Provides 100% of the recommended dietary intake for Calcium, Vitamin D and Vitamin K for most adults in just 2 serves. FONTERRA™ logo, ANLENE EXPERT IN BONE NUTRITION™ and PHYTO K™ are trademarks of the Fonterra group of companies. CONTAINS VITAMIN K. PEOPLE ON WARFARIN SHOULD SEEK MEDICAL ADVICE BEFORE STARTING CONSUMPTION TAPS PP3693

**Anlene™**  
EXPERT IN BONE NUTRITION