

Studies show that red meat provides us with essential nutrients that help boost our health and wellbeing...



Eye and skin health

VIT A

Energy release and prevention of fatigue




VIT B




Bone health and immune function

VIT D



Oxygen transport, immune and cognitive function

IRON



Muscle and nervous function

MAGNESIUM



Nail, hair and reproductive health

ZINC



Powerful antioxidant

SELENIUM



Blood pressure control

POTASSIUM

Based on the average UK diet

30%

of our protein intake comes from red meat...

...which is vital for our body's growth, maintenance and muscle recovery!

