

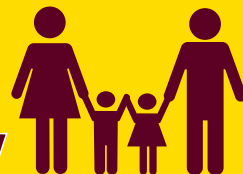
AMASI simply amazing

♥ South Africans love amasi



Our ancestors traditionally prepared this fermented drink by storing unpasteurised cow's milk in a calabash or hide sack. This allowed the milk to ferment. Today amasi is made by adding live cultures to full-cream pasteurised cow's milk. These live cultures help the fermentation process along, which gives amasi its distinct sour taste and additional health effects.

Amasi is good for the whole family



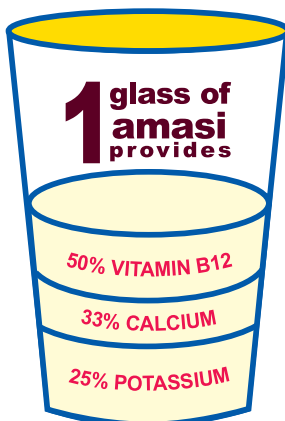
Nutrients per 100g	Maas
Energy	269 kJ
Protein	3.30 g
Total Carbohydrate Lactose sugar	3.68 g
Total Fat	3.66 g
Saturated fat	2.35 g
Monounsaturated fat	1.09 g
Polyunsaturated fat	0.08 g
Calcium	162 mg
Phosphorus	92.20 mg
Magnesium	14.30 mg
Potassium	190 mg
Sodium	56.70 mg
Vitamin A	37.50 µg
Vitamin B12	0.40 µg
Vitamin B2	0.15 mg

the live cultures in amasi help to build a healthy digestive system and keep the immune system strong

it is also a good meal replacement when your household's meat stores are low

like other fermented milk products, amasi is generally tolerated well by people who are lactose intolerant

Apart from the benefits of live cultures, amasi contains all the nutrients naturally found in milk.



= vitamin A for good eyesight and to boost your immunity

= good-quality protein for growth and building strong muscles

almost half of the vitamin B12 you need daily to keep your mind alert and healthy

a third of your daily needs of calcium, which helps to keep your bones and teeth strong

a quarter of your daily needs of potassium, which helps to keep your blood pressure in check and your heart beating strong

of your daily needs

It is easy to make amasi part of your daily diet:

- * Enjoy it as a any-time drink or with some bread.
- * Pour it over your pap.
- * Use it as a substitute for buttermilk or yoghurt when baking rusks or muffins.
- * Add it to soups, pasta, smoothies, dips and sauces.
- * Use it as an effective recovery drink after gym or sport.

For better health, make AMASI part of your three servings of dairy a day!

dairy™
3-A-DAY EVERY DAY



An initiative by the Consumer Education Project of Milk SA

For more information visit www.dairygivesyougo.co.za or email info@rediscoverdairy.co.za