

Cut Out the **Middleman**

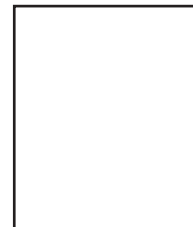


Viva!

Milk - **still** think it's natural?

www.milkmyths.org.uk

0117 944 1000



Viva!

Cows produce milk to feed their calves – not us! Our unnatural dairy habit causes immeasurable suffering to millions of cows and their calves every year. It also leads to a myriad of human health problems. For a free *How to be Dairy-free* guide (inc. 20 recipes) visit www.milkmyths.org.uk or ring 0117 944 1000 (Mon-Fri, 9am-6pm).

Viva!, 8 York Court, Wilder St, Bristol BS2 8QH