



MILK HAS
9
ESSENTIAL NUTRIENTS

CALCIUM helps build and maintain strong bones and teeth.

PROTEIN helps build and repair muscle tissue

VITAMIN D helps build and maintain strong bones and teeth

VITAMIN B₃ (NIACIN) used in energy metabolism in the body

VITAMIN A helps keep skin and eyes healthy; helps promote growth

VITAMIN B₅ (PANTOTHENIC ACID) helps your body use carbohydrates, fats, and protein for fuel

VITAMIN B₁₂ (COBALAMIN) helps with normal blood functions; helps keep the nervous system healthy

VITAMIN B₂ (RIBOFLAVIN) helps your body use carbohydrates, fats, and protein for fuel

PHOSPHORUS helps build and maintain strong bones and teeth; supports tissue growth