

MILK'S UNIQUE NUTRIENT PACKAGE

Benefits for Stronger Bones and Better Bodies

Milk contains nine essential nutrients, making it one of the most nutrient-dense beverages you can enjoy. Drinking 8 ounces of delicious, satisfying milk can help get you on your way to meeting the Dietary Guidelines for Americans' recommended three servings of low-fat or fat-free milk or milk products a day. Read on to learn just how important milk's nutrients are for your body's health!



CALCIUM (30% DV*)

Calcium helps build and maintain strong bones and teeth. It also plays an important role in nerve function, muscle contraction and blood clotting.

POTASSIUM (11% DV)

Potassium regulates the body's fluid balance, helps maintain normal blood pressure and is needed for muscle activity and contraction.

PHOSPHORUS (20% DV)

Phosphorus helps strengthen bones and generates energy in the body's cells.

PROTEIN (16% DV)

Protein builds and repairs muscle tissue and serves as a source of energy during high-powered endurance exercise.

VITAMIN A (10% DV)

Vitamin A helps maintain normal vision and skin, helps regulate cell growth and maintains the integrity of the immune system.

VITAMIN D (25% DV)

Vitamin D helps promote the absorption of calcium and enhances bone mineralization.

VITAMIN B12 (13% DV)

Vitamin B12 helps build red blood cells that carry oxygen from the lungs to working muscles.

RIBOFLAVIN (24% DV)

Riboflavin, also known as vitamin B2, helps convert food into energy – a process crucial for exercising muscles.

NIACIN (10% DV)

Niacin (or niacin equivalent) is important for the normal function of many enzymes in the body and is involved in the metabolism of sugars and fatty acids.

*Percent of Daily Value based on rounded values for 8-ounce cup of milk as found on Nutrition Facts Label according to FDA

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