

# THEY'RE CALLED **ESSENTIAL** FOR A REASON.



- 1 Calcium
- 2 Vitamin D
- 3 Phosphorus
- 4 Riboflavin
- 5 Protein
- 6 Vitamin B-12
- 7 Potassium
- 8 Vitamin A
- 9 Niacin

## **Calcium** 300 mg, 30% DV

Helps build and maintain strong bones and teeth. It helps reduce the risk of stress fractures and osteoporosis later in life. Plays a role in promoting normal blood pressure.

## **Vitamin D** 100 IU, 25% DV

Helps absorb calcium for healthy bones.

## **Phosphorus** 245 mg, 20% DV

Works with calcium and vitamin D to help keep bones strong.

## **Riboflavin** 0.46 mg, 20% DV

Helps convert food into energy. Plays a vital role in the development of the central nervous system.

## **Protein** 8 g, 16% DV

Helps build and maintain lean muscle. Contains all the essential amino acids (the building blocks for protein).

## **Vitamin B-12** 1.2 mcg, 13% DV

Helps build red blood cells and helps maintain the central nervous system.

## **Potassium** 370 mg, 11% DV

Helps regulate the balance of fluids in the body and plays a role in maintaining a normal blood pressure.

## **Vitamin A** 40 IU, 10% DV

Important for good vision, healthy skin, and a healthy immune system.

## **Niacin** 2 mg, 10% DV\*

Helps the body's enzymes function normally by converting nutrients into energy.

**Milk's nine essential nutrients can help kids and teens  
grow healthy and strong.**

% Daily Values are based on a 2,000 calorie diet.

\*As niacin equivalents

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