One serving of milk contains many of the essential nutrients your body needs, including:

**CALCIUM**
Helps build and maintain strong bones and teeth.

**PROTEIN**
Helps build and repair tissue. Helps maintain a healthy immune system.

**VITAMIN D**
Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.

**PHOSPHORUS**
Helps build and maintain strong bones and teeth, supports tissue growth.

**VITAMIN A**
Helps keep skin and eyes healthy, helps promote growth. Helps maintain a healthy immune system.

**RIBOFLAVIN**
Helps your body use carbohydrates, fats and protein for fuel.

**VITAMIN B12**
Helps with normal blood function, helps keep the nervous system healthy.

**PANTOTHENIC ACID**
Helps your body use carbohydrates, fats and protein for fuel.

**NIACIN**
Used in energy metabolism in the body.

**ZINC**
Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

**SELENIUM**
Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

**IODINE**
Necessary for proper bone and brain development during pregnancy and infancy, linked to cognitive function in childhood.

**VITAMIN A**
Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.

**VITAMIN D**
Helps build and maintain strong bones and teeth.

**POTASSIUM***
Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

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The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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*Source: USDA FoodData Central online at https://fdc.nal.usda.gov/. Mean values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data sources.

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