

# MILK, NATURE'S PERFECT DRINK



### **CALCIUM**



25% Daily Value

Helps build and maintain strong bones and teeth

### **RIBOFLAVIN**



35% Daily Value

Supports body growth, red blood cell production and metabolism

### **PHOSPHORUS**



20% Daily Value Strengthens bones

#### **POTASSIUM**



8% Daily Value

Regulates fluid balance and helps maintain normal blood pressure

# **VITAMIN D**



15% Daily Value

Helps promote the absorption of calcium

# **VITAMIN A**



15% Daily Value

Promotes good vision and healthy skin

#### PANTOTHENIC ACID



20% Daily Value

Helps convert food into energy

#### **NIACIN**



10% Daily Value

Promotes proper circulation



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