






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

- CALCIUM**  



Helps build and maintain strong bones and teeth.

**25%**  
DAILY VALUE
- PROTEIN**  



Helps build and repair muscle tissue.

**16%**  
DAILY VALUE
- VITAMIN D**  



Helps build and maintain strong bones and teeth.

**15%**  
DAILY VALUE
- PHOSPHORUS**  



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

**20%**  
DAILY VALUE
- VITAMIN A**  



Helps keep skin and eyes healthy, helps promote growth.

**15%**  
DAILY VALUE
- RIBOFLAVIN**  



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

**35%**  
DAILY VALUE
- VITAMIN B12**  


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

**50%**  
DAILY VALUE
- PANTOTHENIC ACID**  


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

**20%**  
DAILY VALUE
- NIACIN**  


Used in energy metabolism in the body.

**10%**  
DAILY VALUE

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: U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutrientdata>; Low-fat milk with added vitamin A and D (#01082)  
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