13 WAYS Milk CAN HELP YOUR BODY

ONE SERVING OF MILK CONTAINS MANY OF THE **ESSENTIAL NUTRIENTS YOUR BODY NEEDS, INCLUDING:**

Paleium

Helps build and maintain strong bones and teeth.

20% DAILY VALUE

PANTOTHENIC ACID

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



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

Milk not only tastes great, it also is an affordable source of 13 essential nutrients. But, did you know that three of the nutrients in milk - vitamin A, vitamin D, and protein are essential for a healthy immune function?





Helps maintain a healthy immune system.

DAII Y





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







50% DAILY VALUE

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

15% DAILY *Vitamin A* Helps keep skin and eyes healthy, helps promote growth. Helps maintain a healthy immune system.





ZINC

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



Patassium

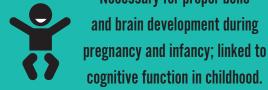
SELENIUM -

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

10% DRI



Helps maintain a healthy blood pressure and supports





heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

*Source: USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.



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

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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