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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