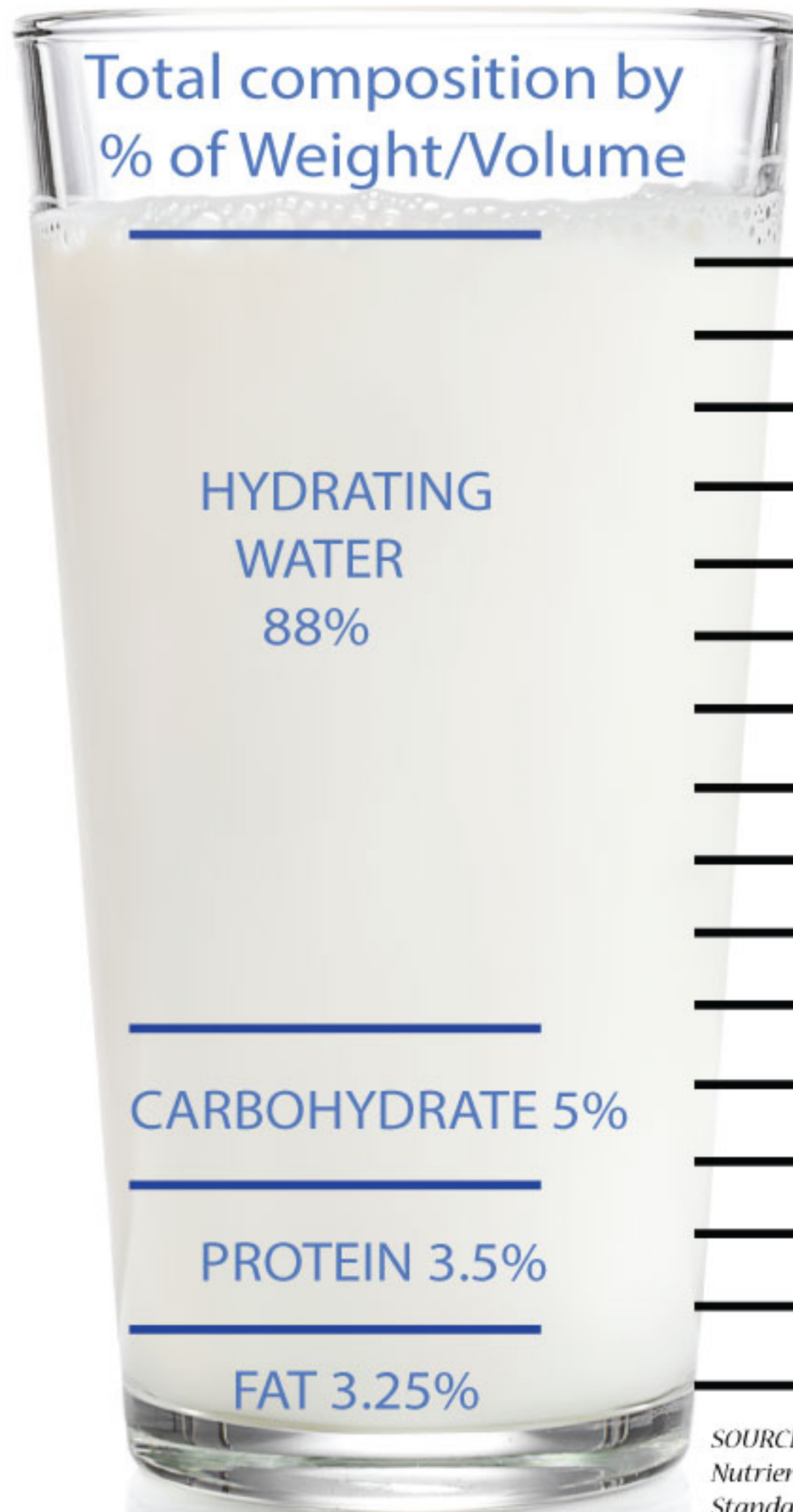


WHOLE MILK *Nature's Nutrition Powerhouse*

8 ounces, 150 calories, delivers:



Essential Nutrients by % of Recommended Daily Value (DV)

Calcium	30%
Vitamin D	25%
Riboflavin	25%
Phosphorus	20%
Protein	16%
B12	13%
Potassium	11%
Vitamin A	10%
Niacin	10%
Vitamin B5	9%
Thiamin(B1)	7%
Zinc	7%
Magnesium	6%
Vitamin B6	4%
Folate	3%
Vitamins E & K	1%

21 Minerals
13 Vitamins

Contains ALL
9 Essential amino acids needed to build protein

SOURCE: USDA National Nutrient Database for Standard Reference (4/18)