

Did you know?

Milk Benefits BONE Health

Scientific evidence supports the role of calcium and vitamin D for good bone health; Dairy foods are excellent sources of calcium and protein.

Dairy products, including milk, are an excellent source of calcium, phosphorus, protein and other nutrients that are important both for bone and overall health.

**Learn more:
97MILK.com**



97%
FAT FREE

*Drink Whole
Milk*