

# MILK is an EXCELLENT source of CALCIUM

**1,000 MG/DAY**

Recommended intake of calcium for both women and men  
AGES 19-50

WHERE DO  
**YOU**  
GET YOURS?

**Multivitamin-** (Nature's Bounty Daily Multi)- **200 mg**

**Whole Milk 8 oz-** **291 mg**

**Plain Yogurt 1 cup-** **274 mg**

**Cheddar Cheese 1 oz-** **204 mg**

**Ice Cream 1 cup-** **151 mg**



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