

# DRINK WHOLE MILK

Nature's POWERHOUSE Drink

One 8 ounce glass contains:

**21** | **13**  
Minerals | Vitamins

Contains ALL **9**  
Essential amino acids needed  
for the body to build protein

**2 Ingredients**  
MILK & Vitamin D

Studies show adding whole  
milk, to your diet helps you  
feel fuller longer and is  
associated with less weight gain  
and lower risk of obesity



[97MILK.com](http://97MILK.com)