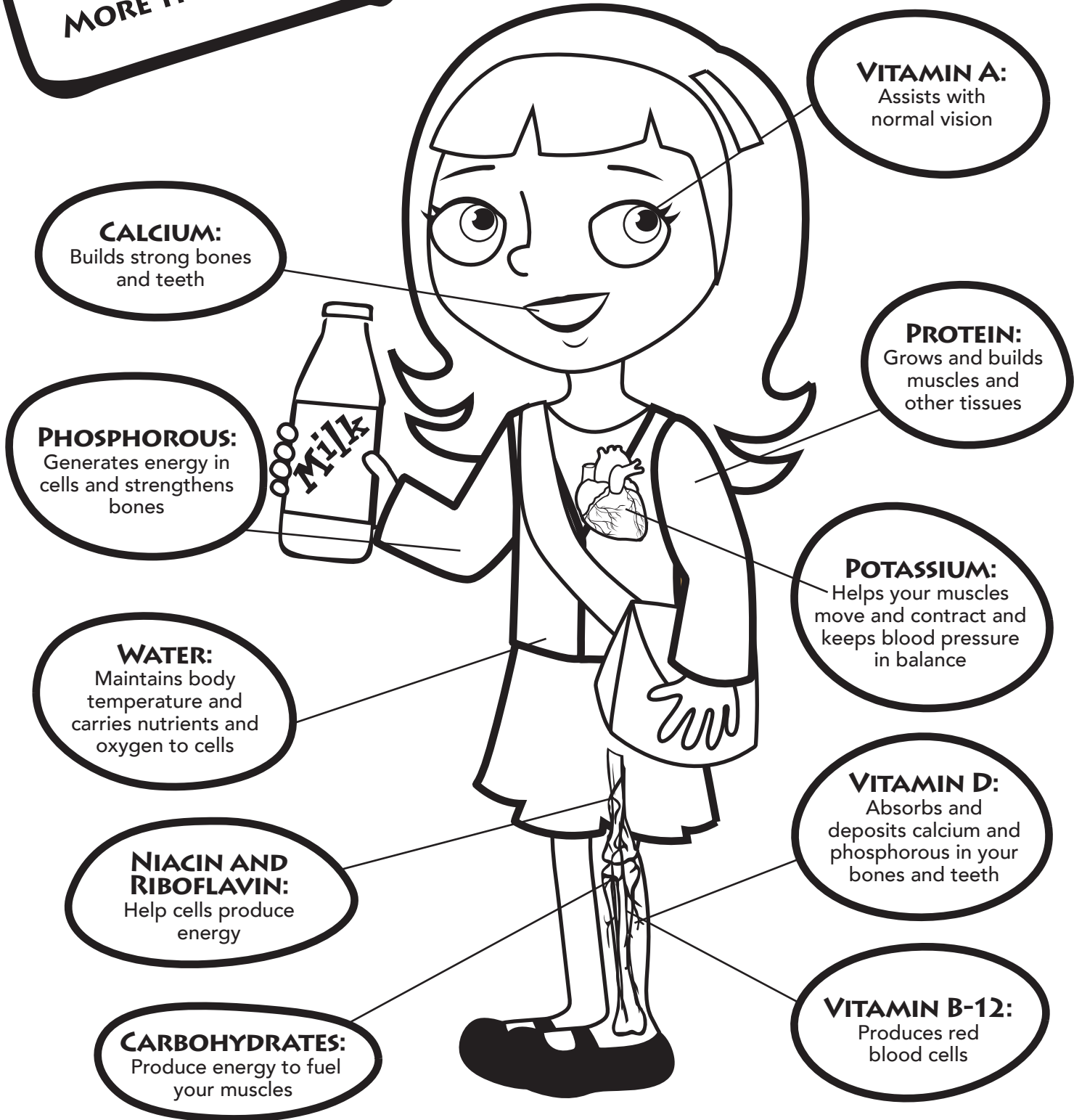




Milk supplies calcium and other nutrients to help you stay healthy. Drink 3 to 4 glasses every day for a strong and hard-working body.



CALCIUM:
Builds strong bones and teeth

VITAMIN A:
Assists with normal vision

PHOSPHOROUS:
Generates energy in cells and strengthens bones

PROTEIN:
Grows and builds muscles and other tissues

WATER:
Maintains body temperature and carries nutrients and oxygen to cells

POTASSIUM:
Helps your muscles move and contract and keeps blood pressure in balance

NIACIN AND RIBOFLAVIN:
Help cells produce energy

VITAMIN D:
Absorbs and deposits calcium and phosphorous in your bones and teeth

CARBOHYDRATES:
Produce energy to fuel your muscles

VITAMIN B-12:
Produces red blood cells