

# RE **THINK** YOUR DRINK.

For **NUTRITION**, other beverages don't even come close.



	% Daily Value
Calcium	30
Vitamin D	25
Phosphorus	20
Riboflavin	20
Protein	16
Vitamin B-12	13
Potassium	11
Vitamin A	10
Niacin	10
Vitamin C	4

Sugar **12 g**

**Calories 85**

Serving Size = 8 ounces



	% Daily Value
Calcium	30
Vitamin D	25
Phosphorus	20
Riboflavin	20
Protein	16
Vitamin B-12	13
Potassium	11
Vitamin A	10
Niacin	10
Vitamin C	4

Sugar **24 g**

(Includes 2.8 tsp added sugar)

**Calories 135**

Serving Size = 8 ounces



	% Daily Value
Calcium	2
Vitamin D	0
Phosphorus	4
Riboflavin	6
Protein	2
Vitamin B-12	0
Potassium	12
Vitamin A	0
Niacin	2
Vitamin C	140

Sugar **21 g**

**Calories 120**

Serving Size = 8 ounces



	% Daily Value
Calcium	2
Vitamin D	0
Phosphorus	0
Riboflavin	2
Protein	0
Vitamin B-12	0
Potassium	2
Vitamin A	0
Niacin	0
Vitamin C	2

Sugar **28 g**

(Includes 6.7 tsp added sugar)

**Calories 120**

Serving Size = 8 ounces



	% Daily Value
Calcium	0
Vitamin D	0
Phosphorus	10
Riboflavin	0
Protein	0
Vitamin B-12	0
Potassium	2
Vitamin A	0
Niacin	0
Vitamin C	0

Sugar **32 g**

(Includes 7.6 tsp added sugar)

**Calories 130**

Serving Size = 12 ounces



	% Daily Value
Calcium	0
Vitamin D	0
Phosphorus	0
Riboflavin	0
Protein	0
Vitamin B-12	0
Potassium	0
Vitamin A	0
Niacin	0
Vitamin C	0

Sugar **0 g**

**Calories 0**

Serving Size = 8 ounces



	% Daily Value
Calcium	0
Vitamin D	0
Phosphorus	0
Riboflavin	0
Protein	0
Vitamin B-12	80
Potassium	2
Vitamin A	0
Niacin	30
Vitamin C	2

Sugar **22 g**

(Includes 5.3 tsp added sugar)

**Calories 120**

Serving Size = 12 ounces



	% Daily Value
Calcium	0
Vitamin D	0
Phosphorus	4
Riboflavin	0
Protein	0
Vitamin B-12	0
Potassium	0
Vitamin A	0
Niacin	0
Vitamin C	0

Sugar **33 g**

(Includes 7.9 tsp added sugar)

**Calories 140**

Serving Size = 12 ounces



	% Daily Value
Calcium	0
Vitamin D	0
Phosphorus	4
Riboflavin	0
Protein	0
Vitamin B-12	0
Potassium	0
Vitamin A	0
Niacin	0
Vitamin C	0

Sugar **0 g**

**Calories 0**

Serving Size = 12 ounces

# THEY'RE CALLED **ESSENTIAL** FOR A REASON.



## **Calcium** 300 mg, 30% DV

Helps build and maintain strong bones and teeth. It helps reduce the risk of stress fractures and osteoporosis later in life. Plays a role in promoting normal blood pressure.

## **Vitamin D** 100 IU, 25% DV

Helps absorb calcium for healthy bones.

## **Phosphorus** 245 mg, 20% DV

Works with calcium and vitamin D to help keep bones strong.

## **Riboflavin** 0.46 mg, 20% DV

Helps convert food into energy. Plays a vital role in the development of the central nervous system.

## **Protein** 8 g, 16% DV

Helps build and maintain lean muscle. Contains all the essential amino acids (the building blocks for protein).

## **Vitamin B-12** 1.2 mcg, 13% DV

Helps build red blood cells and helps maintain the central nervous system.

## **Potassium** 370 mg, 11% DV

Helps regulate the balance of fluids in the body and plays a role in maintaining a normal blood pressure.

## **Vitamin A** 490 IU, 10% DV

Important for good vision, healthy skin, and a healthy immune system.

## **Niacin** 2 mg, 10% DV\*

Helps the body's enzymes function normally by converting nutrients into energy.

**Milk's nine essential nutrients can help kids and teens grow healthy and strong.**

% Daily Values are based on a 2,000 calorie diet.  
\*As niacin equivalents

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**MilkPEP**  
Milk Processor Education Program