RE THINK YOUR DRINK.

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



% Daily	Value
Calcium	30
/itamin D	25
hosphorus	20
Riboflavin	20
Protein	16
/itamin B-12	13
Potassium	11
/itamin A	10
Niacin	10
/itamin C	4
Sugar 12	



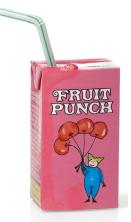


% [Daily Value
Calcium	30
Vitamin D	25
Phosphorus	20
Riboflavin	20
Protein	16
Vitamin B-12	13
Potassium	11
Vitamin A	10
Niacin	10
Vitamin C	4
Sugar 24 g (Includes 2.8 tsp	added sugar)





% 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



% 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



% D	aily 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 a	dded sugar)

Calories 130
Serving Size = 12 ounces



% Daily \	/alue
Calcium	n
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
Phospho	rus	0
Riboflavir	า	0
Protein		0
Vitamin B	-12	80
Potassiur	n	2
Vitamin A		0
Niacin		30
Vitamin C	:	2
Sugar 22	g	

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	l sugar)
Calories Serving Size = 12 ounce:	140



0/ B !!	., .
% 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 ounce.	S

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.



