## **MILK-** It packs a powerful nutritional punch, providing protein and fat as well as many key vitamins and minerals.

**Dairy Protein** is a COMPLETE protein source containing all 9 amino acids!

Dairy Fat is a healthy combination of a saturated, monounsaturated, and polyunsaturated fats, including CLAs and Omegas.

Dairy Carbohydrate is lactose, a natural sugar found naturally in milk at half the amount of natural sugar found in most fruit juices. There are NO added sugars in real dairy milk.



SOURCE: USDA National Nutrient Database for Standard Reference 4/18 Essential Nutrients by % of Recommended Daily Valve (DV)

Calcium 30% Vitamin D 25% Riboflavin 25% Phosphorus 20% Protein 16% B12 13% Potassium 11% Vitamin A 10% Niacin 10% Vitamin B5 9% Thiamin(B1) 7% 7% Zinc Magnesium 6% Vitamin B6 4% Folate 3% Vitamins E & K 1%



8 ounces, 150 calories, delivers:

Protein 3.5%, Fat 3.25%

97MILK.com

