One serving of milk contains many of the essential nutrients your body needs, including:

**Calcium**
Helps build and maintain strong bones and teeth.
25% DAILY VALUE

**Protein**
Helps build and repair tissue. Helps maintain a healthy immune system.
16% DAILY VALUE

**Vitamin D**
Helps build and maintain strong bones and teeth.
15% DAILY VALUE

**Phosphorus**
Helps build and maintain strong bones and teeth, supports tissue growth.
20% DAILY VALUE

**Vitamin A**
Helps keep skin and eyes healthy, helps promote growth. Helps maintain a healthy immune system.
15% DAILY VALUE

**Riboflavin**
Helps your body use carbohydrates, fats and protein for fuel.
30% DAILY VALUE

**Vitamin B12**
Helps with normal blood function, helps keep the nervous system healthy.
50% DAILY VALUE

**Pantothenic Acid**
Helps your body use carbohydrates, fats and protein for fuel.
20% DAILY VALUE

**Niacin**
Used in energy metabolism in the body.
15% DAILY VALUE

**Zinc**
Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.
10% DAILY VALUE

**Selenium**
Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.
10% DAILY VALUE

**Iodine**
Necessary for proper bone and brain development during pregnancy and infancy, linked to cognitive function in childhood.
60% DAILY VALUE

**Potassium**
Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.
10% DAILY VALUE

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.