

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