

LACTOSE-FREE milk

IT (STILL) DOES A BODY GOOD

Lactose intolerant? That doesn't mean you can't continue to reap the benefits of a cold, refreshing glass of milk or other dairy products. See what keeping milk in your regular diet can do for your body (hint: it's good).

BENEFITS FOR **Bones** AND **Beyond**

Milk is chock-full of vital nutrients like vitamins and protein that are good for your entire body.

Ca

CALCIUM
30% DV



helps build and maintain strong bones and teeth; plays an important role in nerve function, muscle contraction and blood clotting

P

PHOSPHORUS
25% DV



works with calcium and vitamin D to help keep bones strong

A

VITAMIN
10% DV



important for good vision, healthy skin and a healthy immune system

PRO TEIN

16% DV



helps build and repair muscle tissue; high quality with all essential amino acids

D

VITAMIN
30% DV



helps absorb calcium for healthy bones

B2

RIBOFLAVIN
25% DV



helps convert food into energy - a process crucial for exercising muscles

K

POTASSIUM
10% DV



helps regulate the body's fluid balance and maintain normal blood pressure

B12

VITAMIN
20% DV



helps build red blood cells and maintain central nervous system

B3

NIACIN
10% DV



important for the normal function of many enzymes in the body

Source: MyPlate, MilkPEP, USDA National Nutrient Database, Hood®

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