### Cow’s Milk

All cow’s milk varieties provide nine essential nutrients, including fortified vitamin D.

- **Protein**
- **Calcium**
- **Vitamin B12**
- **Niacin**
- **Vitamin A**
- **Vitamin D**

*added nutrients

### Soy Beverage

Refined from soybeans, soy is a natural source of protein, but is fortified with synthetic calcium and vitamin D.

- **Protein**
- **Riboflavin**
- **Phosphorus**
- **Vitamin B12**
- **Vitamin D**

*added nutrients

### Rice Beverage

Milled from a mix of ground rice and water, rice beverage is high in carbohydrates, but is fortified with synthetic calcium and vitamin D.

- **Riboflavin**
- **Vitamin B12**
- **Calcium**
- **Vitamin D**

*added nutrients

### Almond Beverage

Made from ground almonds and water, almond beverage is fortified with synthetic vitamins.

- **Riboflavin**
- **Vitamin B12**
- **Calcium**
- **Vitamin D**

*added nutrients

### Coconut Beverage

Coconut flesh is soaked in water to produce the beverage and offers vitamin D.

- **Vitamin D**
- **Vitamin B12**
- **Calcium**

*added nutrients

Visit thedairyalliance.com to learn more about the health benefits of milk.