CALCIUM
Helps build and maintain strong bones and teeth

PROTEIN
Helps build and repair muscle tissue

VITAMIN D
Helps build and maintain strong bones and teeth

VITAMIN B₃ (NIACIN)
Used in energy metabolism in the body

VITAMIN A
Helps keep skin and eyes healthy; helps promote growth

VITAMIN B₅ (PANTOTHENIC ACID)
Helps your body use carbohydrates, fats, and protein for fuel

VITAMIN B₁₂ (COBALAMIN)
Helps with normal blood functions; helps keep the nervous system healthy

VITAMIN B₂ (RIBOFLAVIN)
Helps your body use carbohydrates, fats, and protein for fuel

PHOSPHORUS
Helps build and maintain strong bones and teeth; supports tissue growth