



## 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 B<sub>3</sub> (NIACIN)

Used in energy metabolism in the body

## VITAMIN A

Helps keep skin and eyes healthy; helps promote growth

## VITAMIN B<sub>5</sub> (PANTOTHENIC ACID)

Helps your body use carbohydrates, fats, and protein for fuel

## VITAMIN B<sub>12</sub> (COBALAMIN)

Helps with normal blood functions; helps keep the nervous system healthy

## VITAMIN B<sub>2</sub> (RIBOFLAVIN)

Helps your body use carbohydrates, fats, and protein for fuel

## PHOSPHORUS

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



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