One serving of MILK contains many of the essential nutrients your body needs, including:

- **Calcium**: Helps build and maintain strong bones and teeth.
- **Protein**: Helps build and repair tissue. Helps maintain a healthy immune system.
- **Vitamin D**: Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.
- **Phosphorus**: Helps build and maintain strong bones and teeth, supports tissue growth.
- **Vitamin A**: Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.
- **Riboflavin**: Helps your body use carbohydrates, fats and protein for fuel.
- **Vitamin B12**: Helps with normal blood function, helps keep the nervous system healthy.
- **Pantothenic Acid**: Helps your body use carbohydrates, fats and protein for fuel.
- **Niacin**: Used in energy metabolism in the body.
- **Zinc**: Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.
- **Selenium**: Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.
- **Iodine**: Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.
- **Potassium**: Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.