

MILK'S

9  
ESSENTIAL NUTRIENTS

**Calcium**

**Protein**

**Vitamin D**

**Vitamin B<sub>3</sub>**

**Vitamin A**

**Vitamin B<sub>5</sub>**

**Vitamin B<sub>12</sub>**

**Vitamin B<sub>2</sub>**

**Phosphorus**

**NDC**  
NATIONAL DAIRY COUNCIL™