

milk:

A POWERHOUSE OF NUTRIENTS



Brain
+ CARBOHYDRATES



Heart
+ CALCIUM

Bones & Teeth

+ VITAMIN D + MAGNESIUM
+ CALCIUM + PHOSPHORUS
+ PROTEIN + VITAMIN A



Nerves

+ CALCIUM
+ PROTEIN
+ POTASSIUM



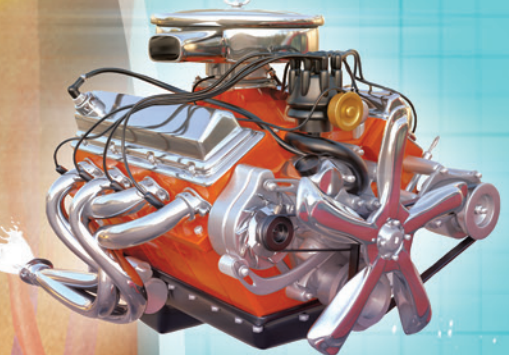
Muscles

+ CALCIUM
+ PROTEIN
+ POTASSIUM
+ CARBOHYDRATES



Blood

+ CALCIUM
+ FOLATE
+ VITAMIN B12



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