

14 oz Skim Milk 2016 OFFICIAL
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Nutrition Facts

servings per container

Serving size 1 Bottle

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 210mg 9%

Total Carbohydrate 19g 7%

Dietary Fiber 0g 0%

Total Sugars 19g

Includes 0g Added Sugars 0%

Protein 14g

Vitamin D 4.3mcg 20%

Calcium 520mg 40%

Iron 0.1mg 0%

Potassium 630mg 15%

Vitamin A 250mcg 30%

*The % Daily Value 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.

INGREDIENTS: Skim Milk, Vitamin A Palmitate, Vitamin D3

Contains Milk.