

**YOU'RE
GONNA
NEED MILK
FOR THAT.**



CALCIUM + B VITAMINS = FOCUS + GROWTH





MILK FACTS



**Milk contains 8 grams of
high-quality protein.**

**High-quality protein means it gives
your body all nine essential
amino acids—the building blocks
your muscles need to grow,
repair, and stay strong. These
amino acids also help keep your
body running smoothly, from
your brain to your bones.**



NEW YEAR, NEW STRENGTH

POWER UP WITH DAIRY!

