



# MILK: 13

## Essential Nutrients



## Milk is a Nutrient Powerhouse.

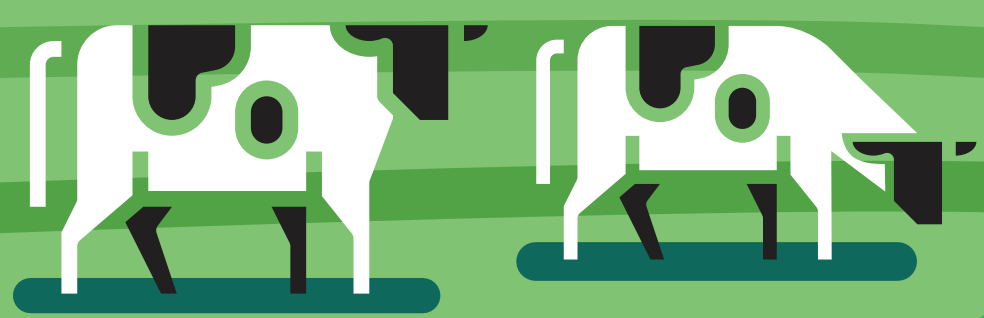
**Milk is a nutrient-dense beverage containing protein, calcium, and vitamins D and B12, making it excellent for bone health, energy, and muscle recovery.**

**It is 85-95% water, providing effective hydration.**



# FARM TO LUNCH TABLE

**OUR MILK  
TYPICALLY GOES  
FROM COW TO  
TABLE IN JUST  
48 HOURS**







# WINTER WELLNESS

## STAY STRONG THIS WINTER



**Protein**  
builds & repairs muscle.



**Calcium & Vitamin D**  
help build and maintain strong bones and teeth.



**Protein, Zinc, Slenium, Vitamin A & Vitamin D**  
support the immune system.



**Vitamin B12 & Potassium**  
support heart health by building healthy blood cells and maintaining healthy blood pressure.

