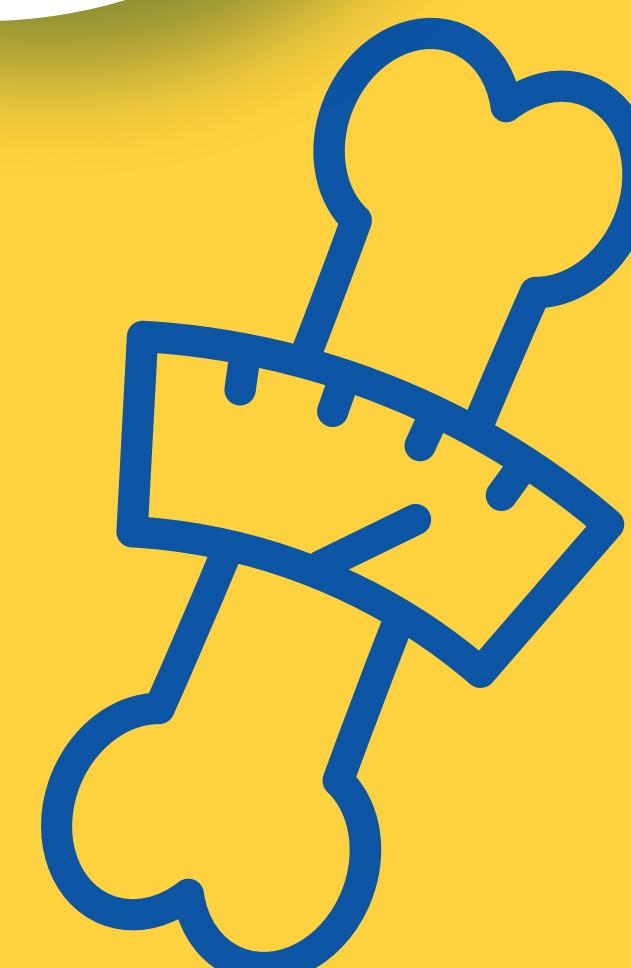


MILK:

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**



**FARMER
OWNED**
*Prairie
Farms*[®]

WINTER WELLNESS

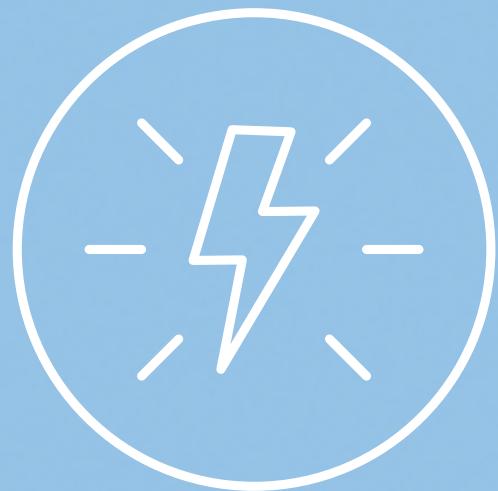
STAY STRONG THIS WINTER



Protein
builds & repairs muscle.



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



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



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

FARMER OWNED
Prairie Farms®

