

**COOL.
STRONG.
REFRESHED.
PRAIRIE FARMS MILK**



PROTEIN + ELECTROLYTES = SUMMER RECOVERY

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's 85-95% water, providing
effective hydration.**



#PrairieFarmsStrong