



13 Nutrients in Milk

Small but mighty. There's a lot happening in those little bodies, and milk is a simple way to help them get the nutrition they need.

VITAMIN D

Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.

VITAMIN A

Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.

IODINE

Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

RIBOFLAVIN

Helps your body use carbohydrates, fats and protein for fuel.

CALCIUM

Helps build and maintain strong bones and teeth.

NIACIN

Used to metabolise energy in the body.

PROTEIN

Helps build and repair tissue. Helps maintain a healthy immune system.

PANTOTHENIC ACID

Helps your body use carbohydrates, fats and protein for fuel.

VITAMIN B12

Helps with normal blood function, helps keep the nervous system healthy.

POTASSIUM

Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

ZINC

Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

PHOSPHOROUS

Helps build and maintain strong bones and teeth, supports tissue growth.

SELENIUM

Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

