

# WORLD MILK DAY

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JUNE 1, 2023





# PROTEIN

contributes to the growth and  
maintenance of muscle mass.





**CALCIUM**  
needed for strong  
bones and teeth.





**VIT B12**  
boosts energy and  
reduces fatigue.





# VIT B2

boosts energy and  
builds red blood cells.





# POTASSIUM

helps you maintain  
healthy blood pressure levels and a  
functioning nervous system.





# PHOSPHORUS

contributes to strong  
bones and teeth.





**IODINE**  
supports healthy  
cognitive function

