



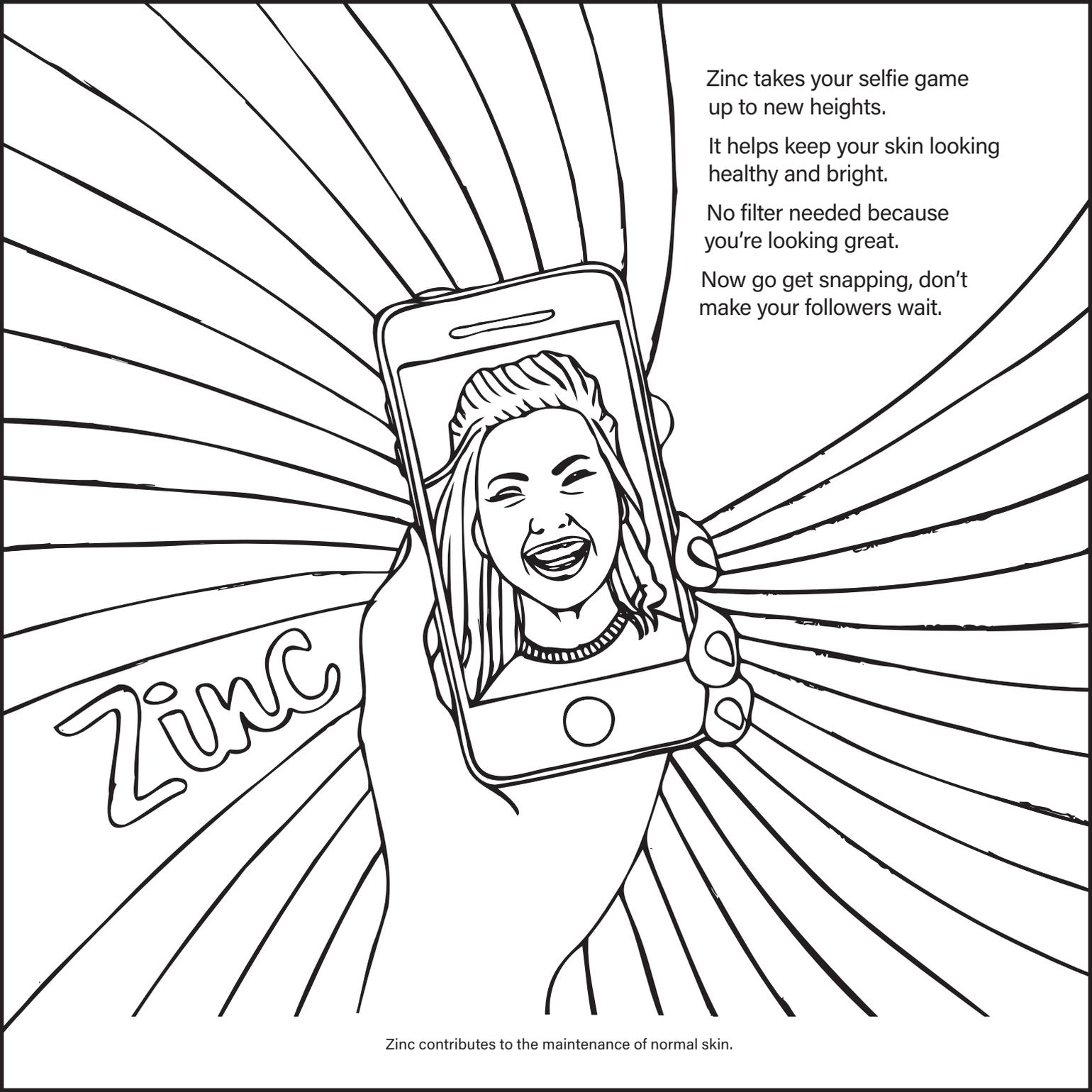
MILK MEDITATIONS

**15 POEMS FOR
15 ESSENTIAL NUTRIENTS**

With calcium's help, your bones become stronger,
So you can do tree pose for that much longer.
A strong foundation to hold any pose,
Earning some shavasana with
your eyes closed.



Calcium aids in the formation of bones and teeth.



Zinc takes your selfie game
up to new heights.

It helps keep your skin looking
healthy and bright.

No filter needed because
you're looking great.

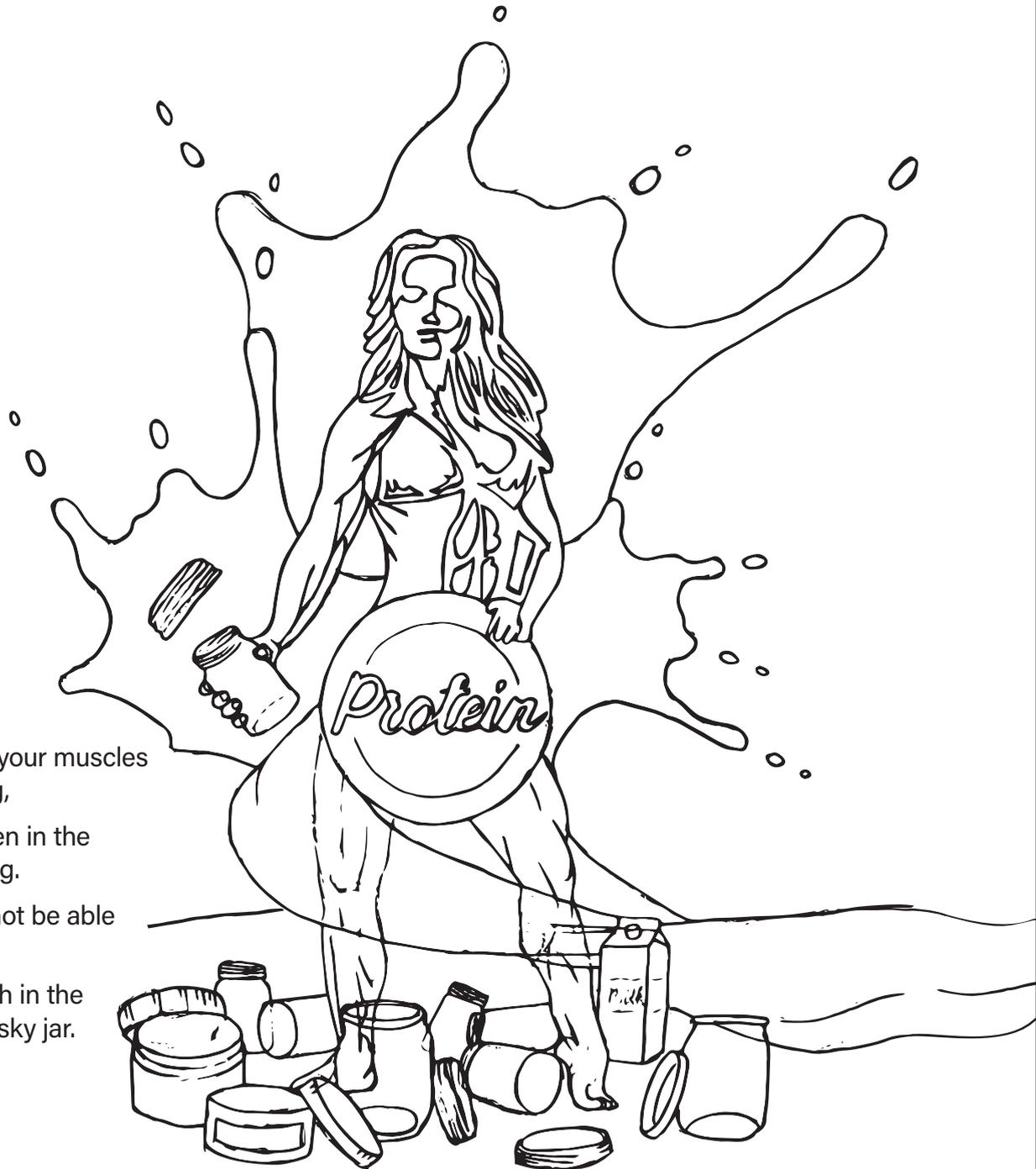
Now go get snapping, don't
make your followers wait.

ZINC

Zinc contributes to the maintenance of normal skin.



Magnesium is a factor in energy metabolism.



To help make your muscles
big and strong,

The trick's been in the
carton all along.

You still may not be able
to lift a car,

But you'll laugh in the
face of any pesky jar.

Protein helps build strong muscles and body tissue.

RIBOFLAVIN



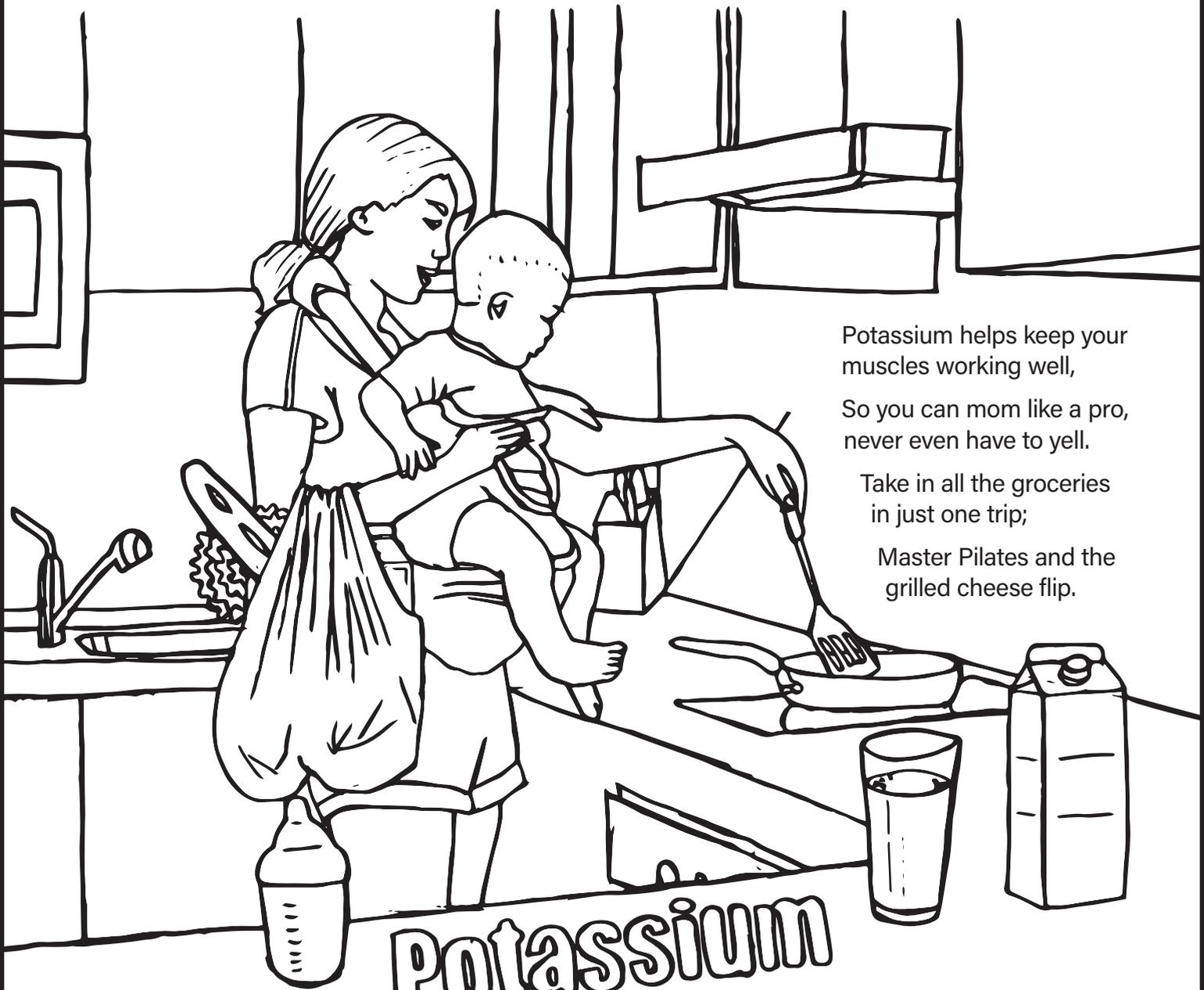
Riboflavin will add some
pep in your step,

A boost from within you'll
come to expect.

It comes in a carton,
not in a can,

And gives you energy
to last a life span.

Riboflavin is a factor in energy metabolism.



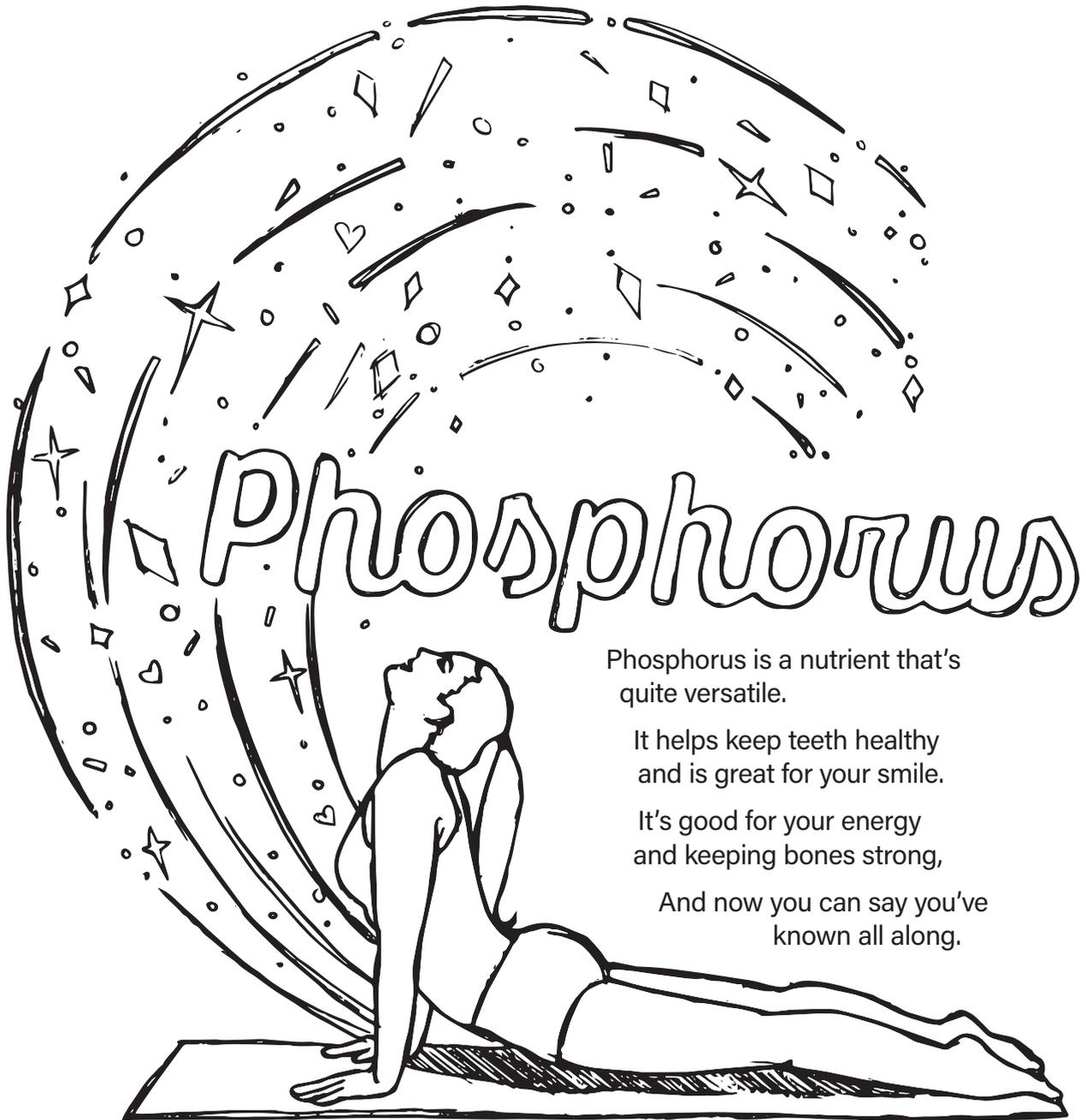
Potassium helps keep your
muscles working well,
So you can mom like a pro,
never even have to yell.

Take in all the groceries
in just one trip;

Master Pilates and the
grilled cheese flip.

Potassium

Potassium helps with muscle function.



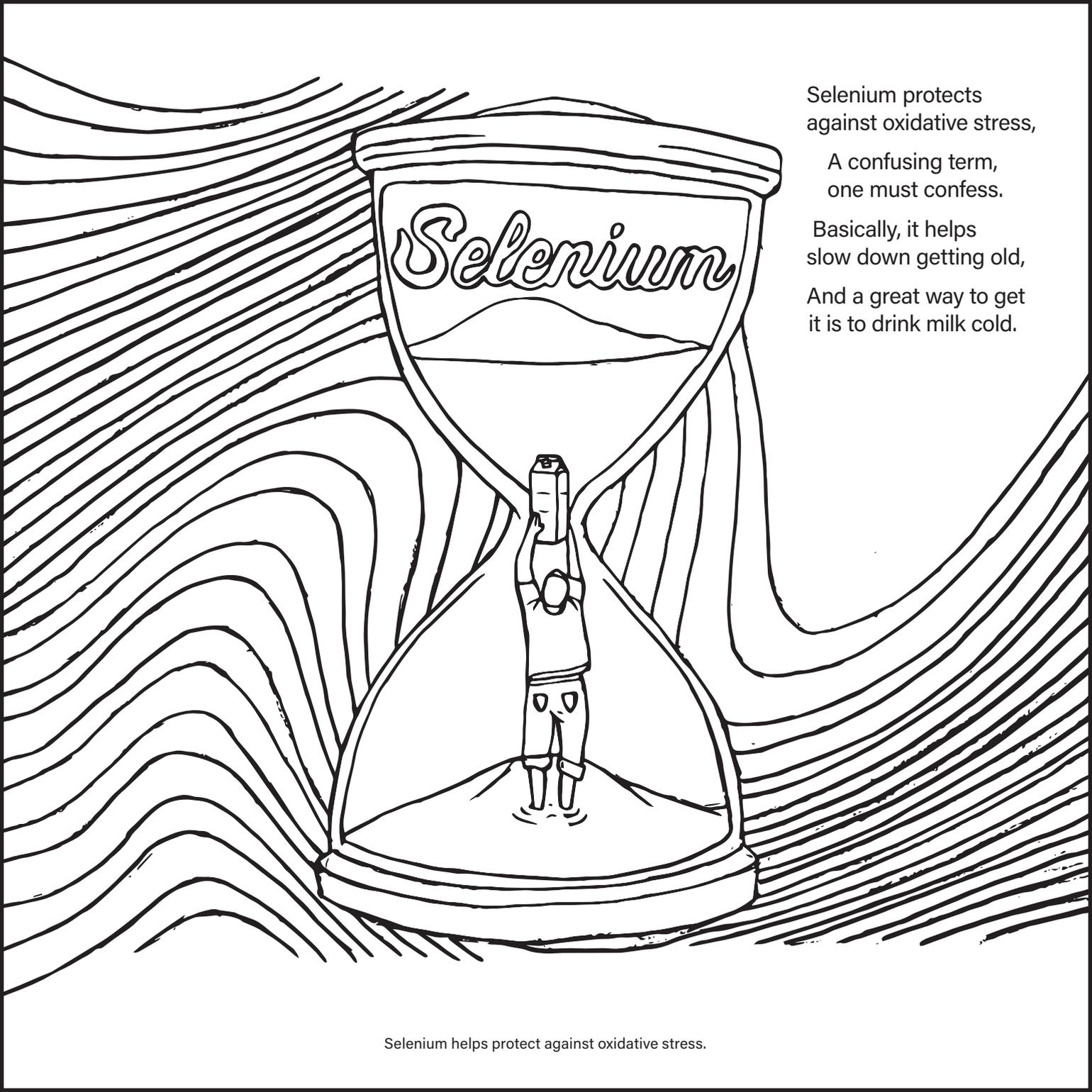
Phosphorus is a nutrient that's quite versatile.

It helps keep teeth healthy and is great for your smile.

It's good for your energy and keeping bones strong,

And now you can say you've known all along.

Phosphorus is a factor in the formation and maintenance of teeth.



Selenium protects
against oxidative stress,

A confusing term,
one must confess.

Basically, it helps
slow down getting old,

And a great way to get
it is to drink milk cold.

Selenium helps protect against oxidative stress.

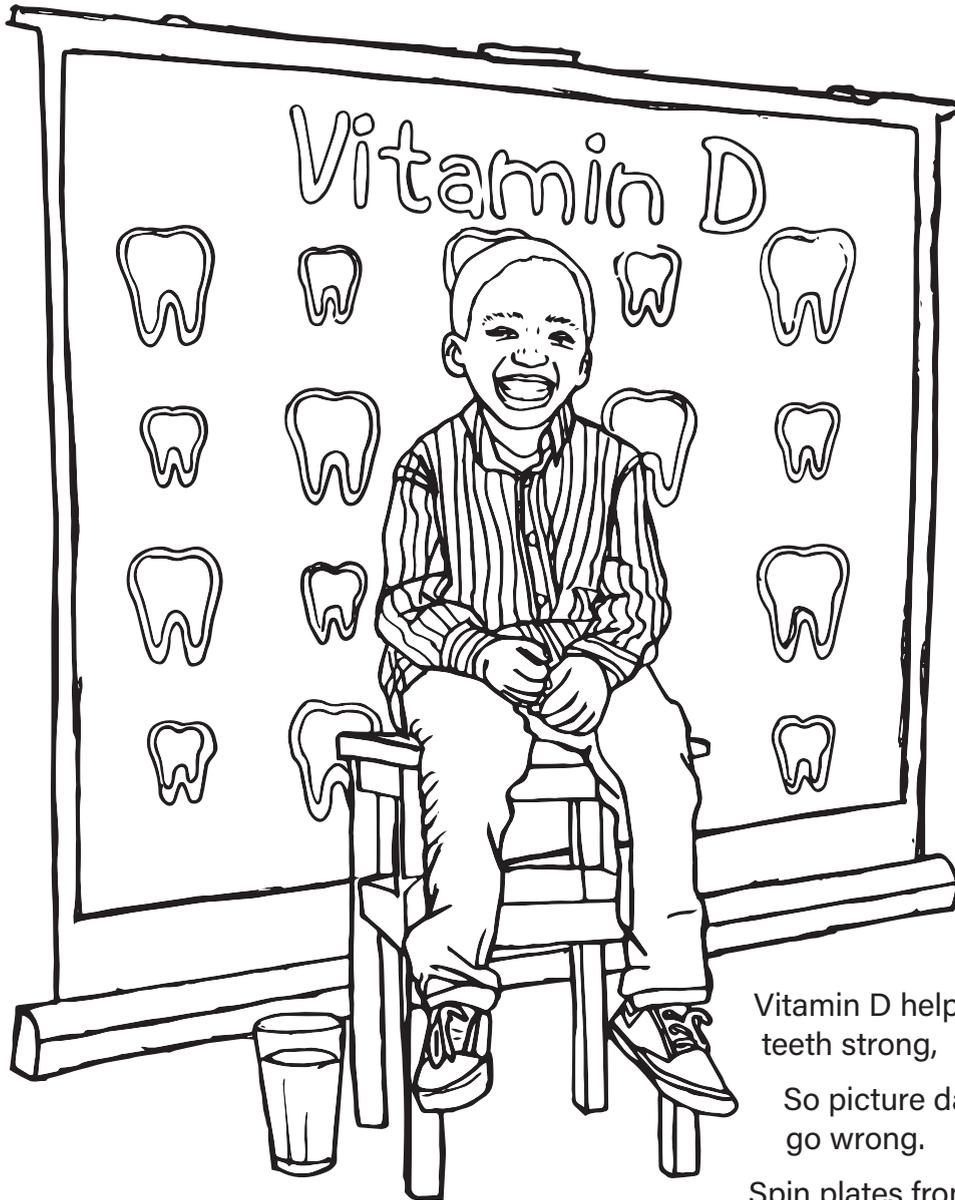


Pantothenic Acid

Pantothenic Acid may sound kinda scary,
But there's nothing to fear when you reach for dairy.

Known by many as Vitamin B5,
Like an afternoon nap, it helps you feel alive.

Pantothenic Acid is a factor in energy metabolism.



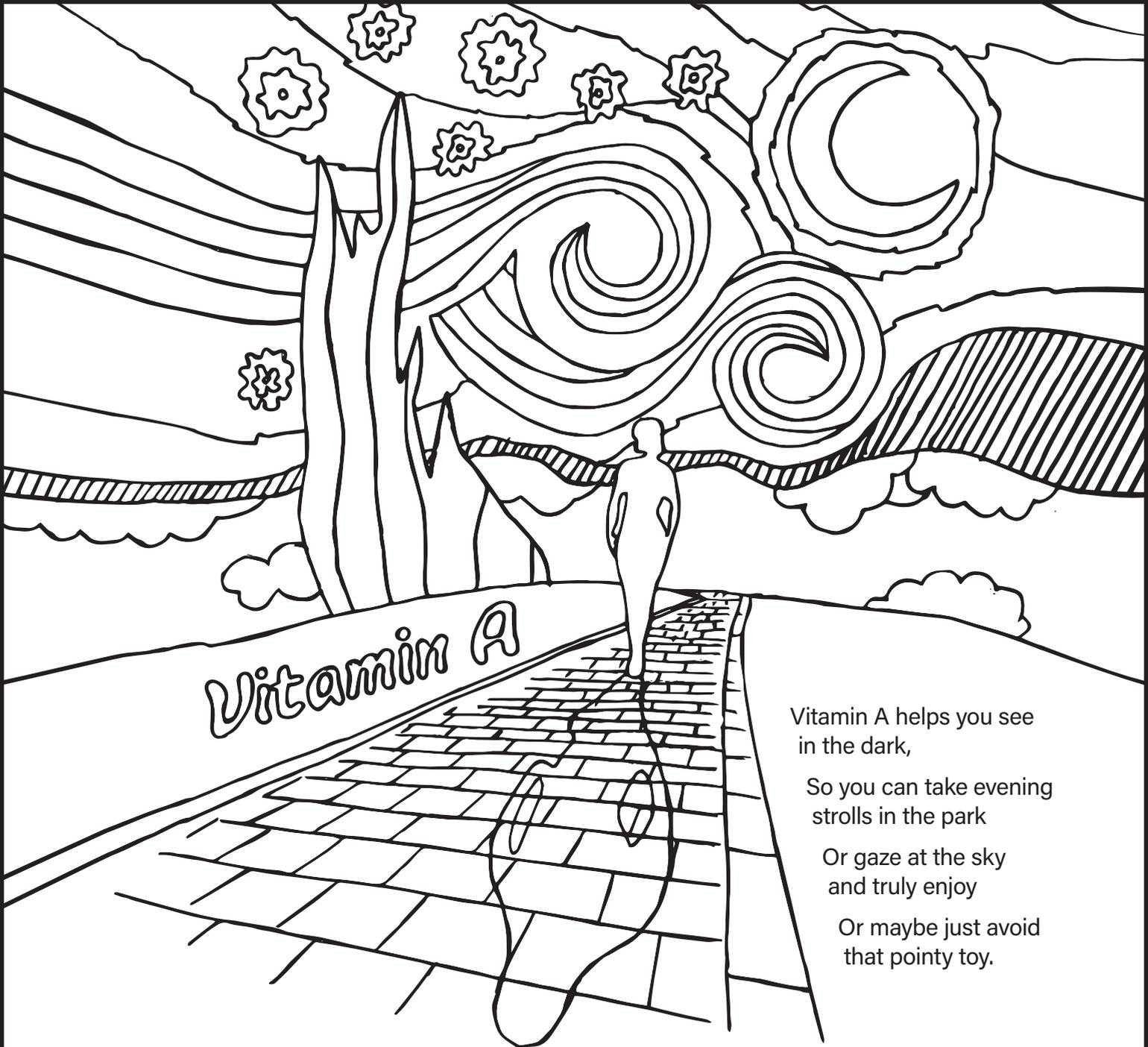
Vitamin D helps keep your
teeth strong,

So picture day can never
go wrong.

Spin plates from your mouth
to make crowds cheer,

And bite into apples without
worry or fear.

Vitamin D helps build strong teeth.



Vitamin A

Vitamin A helps you see
in the dark,

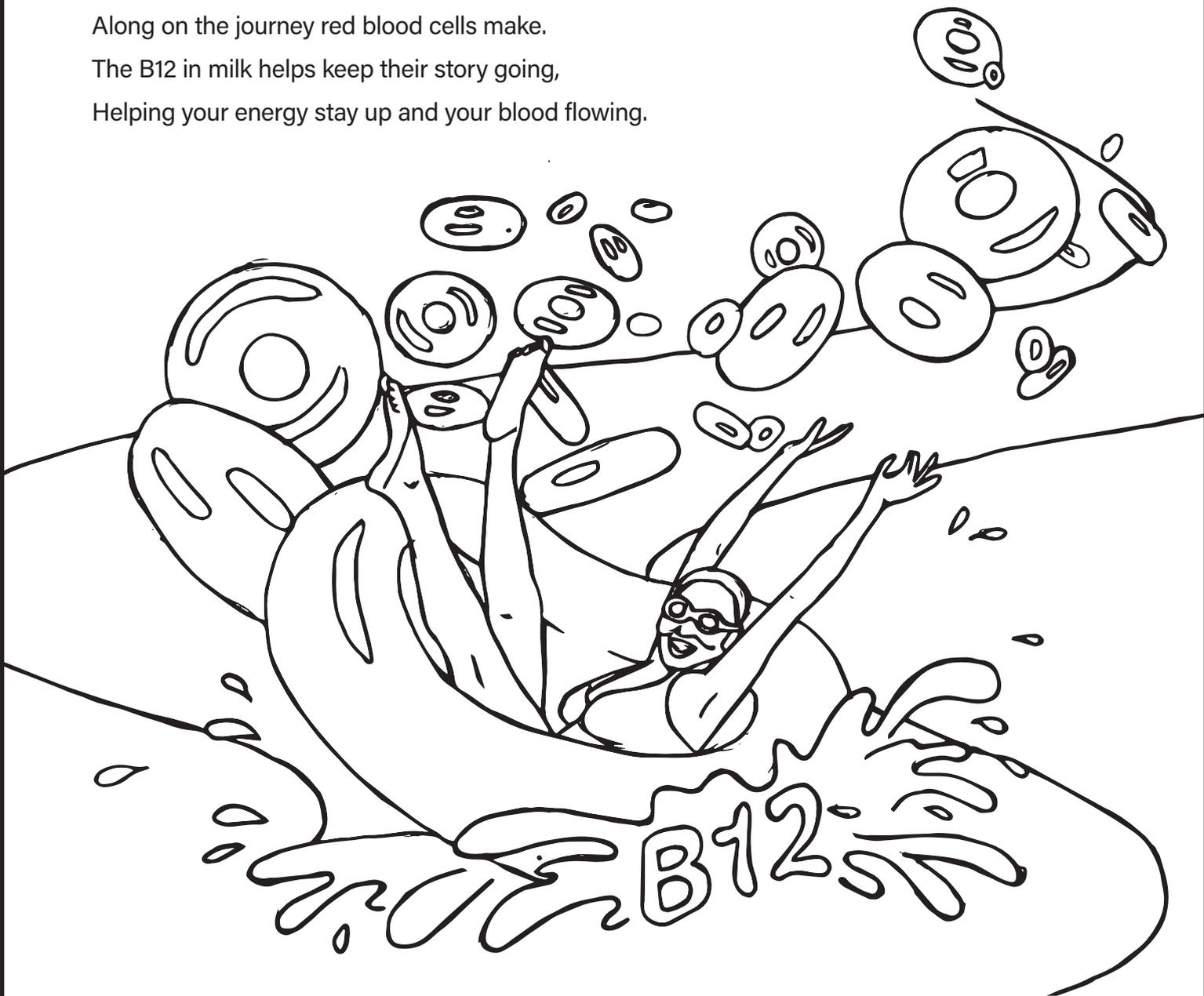
So you can take evening
strolls in the park

Or gaze at the sky
and truly enjoy

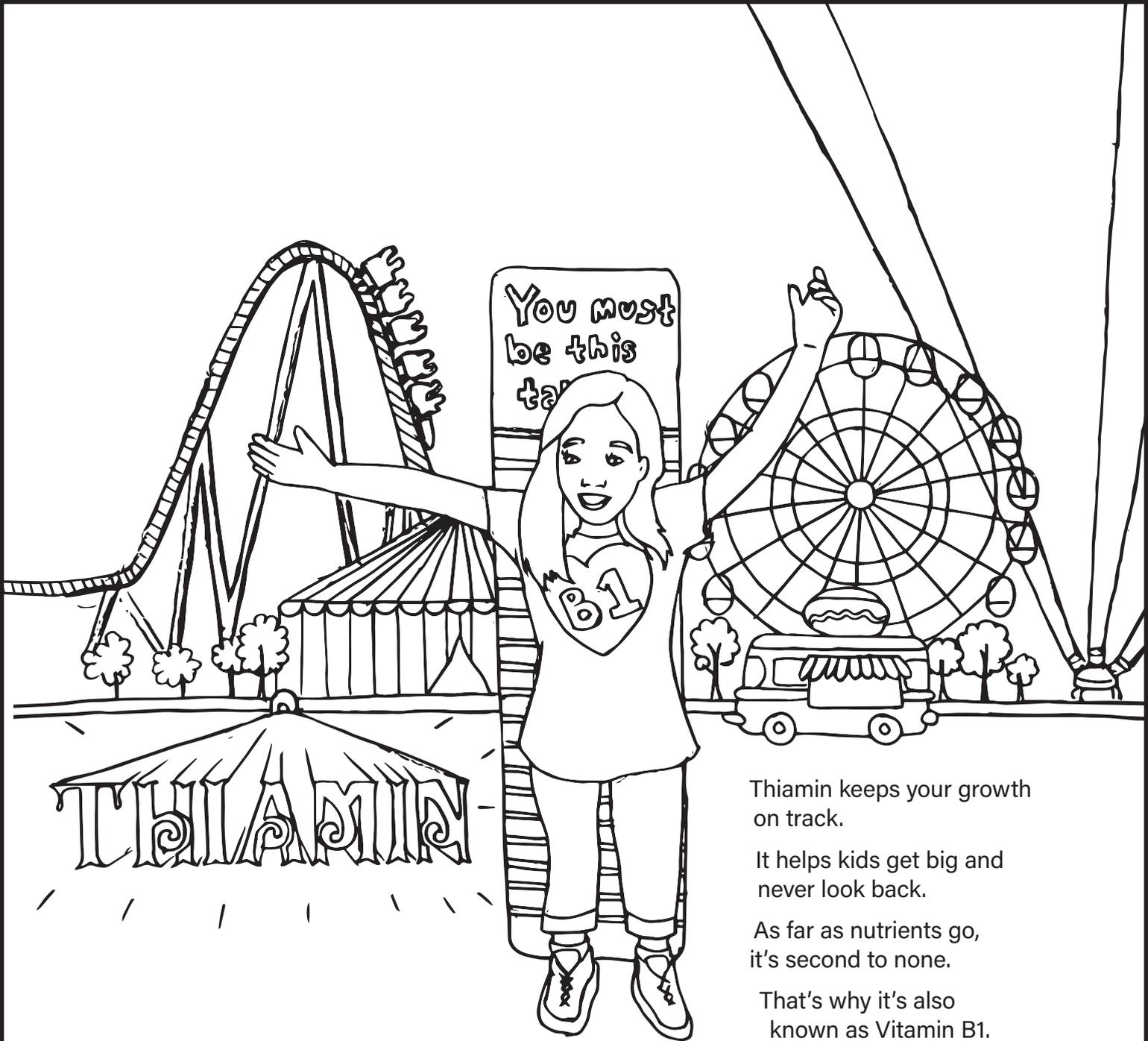
Or maybe just avoid
that pointy toy.

Vitamin A contributes to a normal functioning immune system and, even cooler than that,
helps develop and maintain your vision and night vision.

What an adventure oxygen takes
Along on the journey red blood cells make.
The B12 in milk helps keep their story going,
Helping your energy stay up and your blood flowing.



Vitamin B12 aids in the formation of red blood cells, which carry oxygen throughout our body.



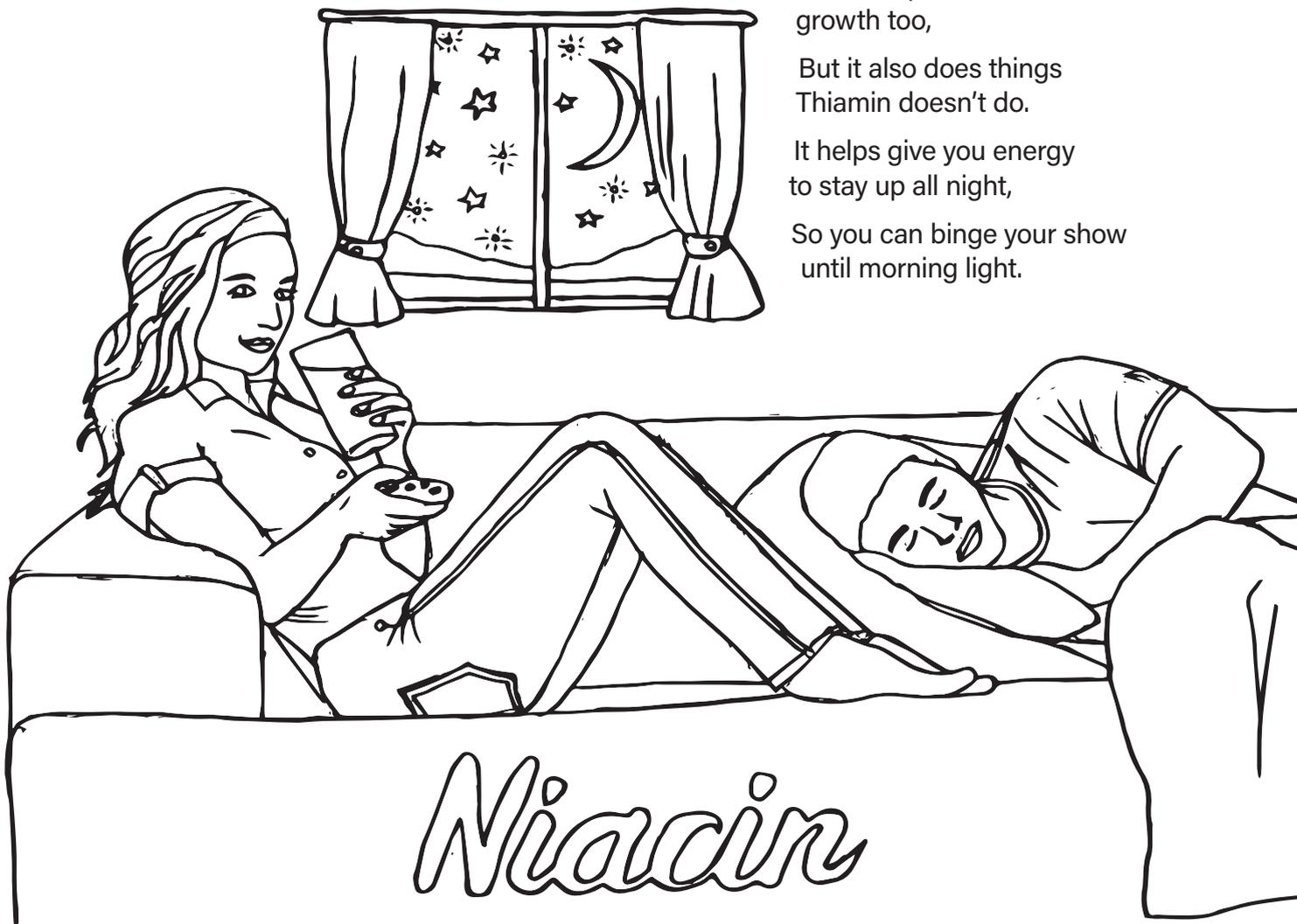
Thiamin keeps your growth on track.

It helps kids get big and never look back.

As far as nutrients go, it's second to none.

That's why it's also known as Vitamin B1.

Thiamin aids in normal growth.



Niacin helps with normal growth too,

But it also does things Thiamin doesn't do.

It helps give you energy to stay up all night,

So you can binge your show until morning light.

Niacin

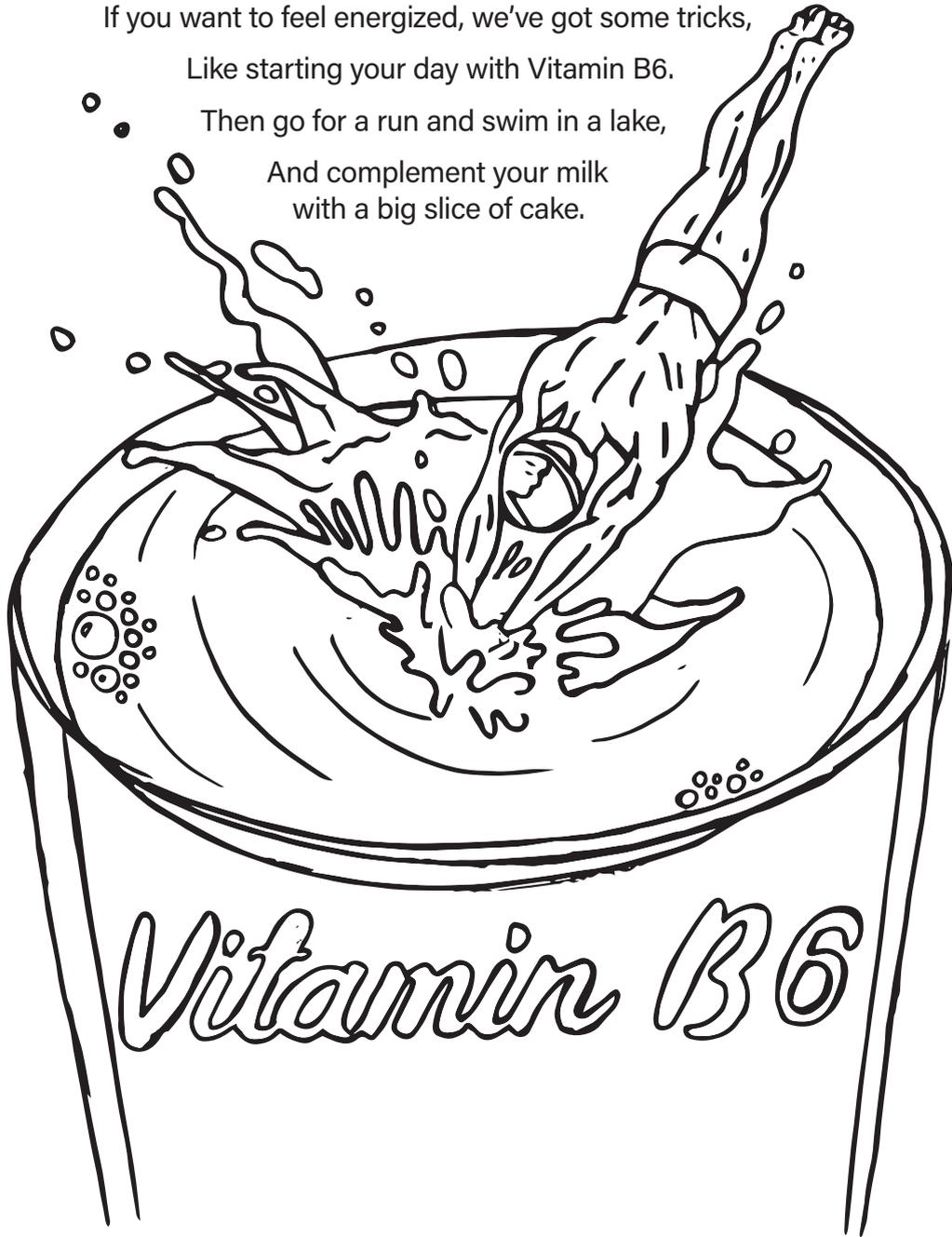
Niacin aids in normal growth and development and is a factor in energy metabolism.

If you want to feel energized, we've got some tricks,

Like starting your day with Vitamin B6.

Then go for a run and swim in a lake,

And complement your milk
with a big slice of cake.



Vitamin B6 is a factor in energy metabolism and tissue formation.

WHAT CAN'T *Milk* DO?

One 250ml serving of 3% milk is a source of Protein (8g), Vitamin A (13% DV), Vitamin B12 (48% DV), Vitamin B6 (6% DV), Riboflavin (34% DV), Niacin (13% DV), Thiamin (10% DV), Pantothenic Acid (19% DV), Vitamin D (13% DV), Calcium (22% DV), Magnesium (6% DV), Phosphorus (17% DV), Potassium (235 mg), Zinc (9% DV), Selenium (17% DV)

