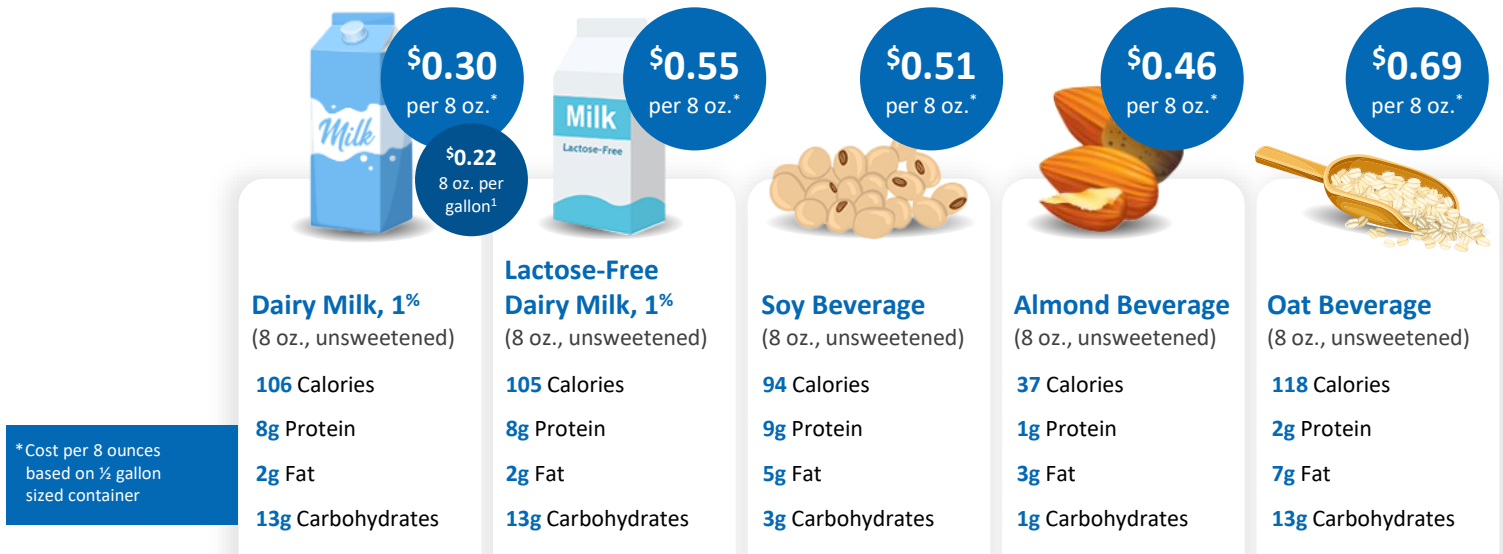


What's in Your Glass?

Choices are great, but they can be overwhelming.

This at-a-glance chart can help you understand what's in your glass.



Vitamins and Minerals²⁻⁵ (% Daily Value)

Vitamin B12	60%	60%	40%	35%	50%
Iodine	60%	60%	2%	N/A	N/A
Calcium	25%	25%	20%	30%	30%
Riboflavin (B2)	25%	25%	15%	6%	55%
Phosphorus	20%	20%	15%	6%	20%
Pantothenic acid (B5)	20%	20%	N/A	N/A	N/A
Niacin (B3)	15%	15%	4%	<2%	<2%
Vitamin A	15%	15%	15%	10%	25%
Vitamin D	15%	15%	8%	10%	20%
Potassium ⁵	10%	10%	10%	2%	10%
Zinc	10%	10%	6%	4%	2%
Selenium	10%	10%	8%	N/A	N/A

■ = Naturally occurring nutrients N/A = Nutrition data not available or reported quantitatively

*Source: Circana Group, L.P. Multi-outlets and convenience stores. 52 week-period ending July 16, 2023.

(Dairy milk, unflavored (1%); Dairy Milk, Lactose-Free, unflavored (1%), unflavored almond, soy and oat beverages.)

1. IRI Total US -Multi Outlet + Conv 2022 YTD ending 5-22, based on U.S. average price of unflavored, private label milk, 1 gallon.

2. USDA, Agricultural Research Service. FoodData Central, 2019. <https://fdc.nal.usda.gov/>. Foundation Foods. FDC IDs: 746772, 2340766, 1999630, 1999631, 2257046. Accessed July 2023.

3. USDA, Agricultural Research Service. USDA, FDA and ODS-NIH Database for the Iodine Content of Common Foods Release 3.0 (2023).

4. Naturally occurring nutrients based on publicly available product ingredient lists. Accessed July 2023. Lactose-free milk is real dairy milk that has added lactase enzymes to break down lactose. USDA FDC ID 2340766 does not include values for iodine and pantothenic acid as of October 2024.

5. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. These values are based on the 2019 DRI of 3400 mg.