dairy BY DESIGN
Real Milk.
Smart Nutrition.

Designer Milk for Women

Lactose Free 6.0 % Protein / 1% Fat

Nutrition Facts

Serving Size 1 cup (8oz)

Amount Per Serving

Calories 120	Calories from Fat 20
	% Daily Value*
Total Fat 4.5g	**7**%
Saturated Fat 3g	**14**%
Trans Fat 0.0g	
Cholesterol 20mg	**7**%
Sodium 120mg	**5**%
Total Carbohydrate 4g	**1**%
Sugars 4g	
Protein 14g	**28**%

Vitamin A 10% • Vitamin D 25%

Calcium 45% •

Not a significant source of Vitamin C and Iron

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Compared to Ordinary Whole Milk

175% **More Protein**

60% **Less Sugar**

160% **More Calcium**

100% **Lactose Free**