



4.2



An excellent source of many essential nutrients, including calcium, protein, and vitamin D, Milk serves as a vital part of a balanced diet. From improving bone health to helping reduce the risks of memory loss, drinking milk offer many health benefits.

Milk Lactose Free

Serving Size 1 Each **Carbs: 12.00**

Served on Tue, 02/17/2026

Allergens



Dairy

Nutrients

Carbohydrate (gm)	12.00
Fiber (gm)	0.00
Total Fat (gm)	0.00
Saturated Fat (gm)	0.00
Total Sugar (g)	12.00
Protein (gm)	7.99
Calories	90.00

Ingredients

guar gum CARRAGEENAN calcium
tribasic calcium phosphate vitamin D
vitamins A palmitate
lactase enzyme



Disclaimer

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