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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 Thu, 09/25/2025

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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