

# Probiotic Milk

Probiotic milk contains cultures that have potentially **FAVORABLE HEALTH EFFECTS**.  
Probiotics are believed to **BENEFIT GUT HEALTH** and **AID IN DIGESTION**.

## WHAT ARE PROBIOTICS?



- Probiotics are often called “good” or “helpful” **bacteria** because they help to **maintain a healthy gut**. Probiotics balance out the “good” and “bad” bacteria which help to keep your body working the way it should.
- Probiotics can be found in dairy products such as probiotic milk, yogurt, kefir and buttermilk. In fact, dairy foods are one of the most common sources of probiotics.
- **Lactobacillus** and **Bifidobacterium** are the two most common types of probiotics provided by dairy foods.
- Only probiotic foods have enough live organisms to deliver a proven health benefit when used in adequate amounts.



## ADDED BENEFITS OF PROBIOTIC MILK

Milk with probiotics may **improve immune system functions** and **overall health**. Look for milk with added probiotics at your local grocery store in the dairy aisle.

## HOW IS PROBIOTIC MILK MADE?

Probiotic milk is processed just like regular milk, but **probiotics are then added** at the end of the milk production cycle.



YOGURT



KEFIR



PROBIOTIC MILK

## ALL MILK CONTAINS 9 ESSENTIAL NUTRIENTS



### CALCIUM

Helps build and maintain strong **bones** and **teeth**.



### PROTEIN

Helps build and repair **muscle tissue**.



### VITAMIN D

Helps build and maintain strong **bones** and **teeth**.



### PHOSPHORUS

Helps build and maintain strong **bones** and **teeth**, supports **tissue growth**.



### VITAMIN A

Helps keep **skin** and **eyes** healthy, helps **promote growth**.



### RIBOFLAVIN

Helps your body use **carbohydrates**, **fats** and **protein** for fuel.



### VITAMIN B12

Helps with normal **blood function**, helps keep the **nervous system** healthy.



### PANTOTHENIC ACID

Helps your body use **carbohydrates**, **fats** and **protein** for fuel.



### NIACIN

Used in **energy metabolism** in the body.

