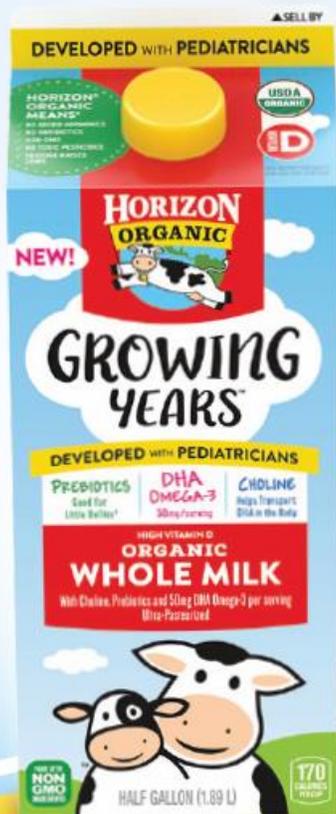


SPECIALLY SELECTED NUTRITION FOR GROWING KIDS



DEVELOPED WITH PEDIATRICIANS

HORIZON® GROWING YEARS™ ORGANIC WHOLE MILK was developed with Pediatricians to identify important nutrients for growing kids.

Growing Years™ Organic Whole Milk has a strong nutrient profile with key ingredients to support growth of kids 1 to 5.

Each 8 oz. serving of Growing Years™ Organic Whole Milk provides:

50mg DHA OMEGA-3
to help support brain health

1g PREBIOTICS
to help promote beneficial gut bacteria as part of a balanced diet

55mg CHOLINE,
an essential nutrient in helping transport DHA in the body, including delivery to the brain

DHA OMEGA-3 supports brain and eye health

- DHA is found in most human body tissues, with the highest amounts in the brain, nervous system and retina of the eye.¹
 - In the brain, DHA is involved with neuronal signaling.²
 - In the eye, DHA is found in the outer segments of rod cells in the retina, which plays a role in the quality of vision.²
- It can be tough to eat fatty fish or take fish oil, which are typical sources of DHA Omega-3. Instead of using fish, we go straight to the fish's food source—algae—to get the DHA Omega-3-rich algal oil that is present in Growing Years™ Organic Whole Milk.

PREBIOTICS promote beneficial gut bacteria

- Prebiotics are defined as “a selectively fermented ingredient that results in specific changes in the composition and/or activity of the gastrointestinal microbiota, thus conferring benefit(s) upon host health.”³

CHOLINE helps transport DHA in the body

- Choline plays a key role in synthesis of lipids, cell membrane structural support, neurotransmission and it helps transport DHA throughout the body.⁴
- Choline is an essential nutrient that must be acquired from the diet, as the amount of choline the body makes is insufficient to meet human requirements.⁵

Growing Years,™ Organic Whole Milk contains other important nutrients for growing kids.

EXCELLENT SOURCE OF CALCIUM & VITAMIN D
to support strong bones and teeth

8g OF HIGH QUALITY, COMPLETE PROTEIN
to support muscle

CALCIUM

- Calcium is required for strong bones and teeth and to help maintain proper muscle, blood vessel and nerve cell function.⁶
- Studies suggest that consuming adequate calcium early in life— when peak bone mass is being developed— may help support bone health throughout life.⁷

PROTEIN

- Protein supports strong muscles, and milk is the number one source for kids ages 2-18.⁸
- Growing Years™ Organic Whole Milk is a good source of complete protein, providing all essential amino acids.

VITAMIN D

- Milk is one of the few dietary sources of vitamin D⁹ — a critical nutrient that helps our bodies absorb calcium.⁹
- On average, people between the ages of 2 to 70 get only 1/3 of the recommended daily intake of vitamin D.¹⁰

Certified organic, Growing Years™ Whole Milk comes from pasture-raised cows* that eat an organic, non-GMO diet on farms that don't use toxic, persistent pesticides, and are never treated with antibiotics or added hormones.**

*Per national organic program regulations, our cows spend at least 120 days a year grazing on organic pastures.

**No significant difference has been shown between milk from rBST-treated & non rBST-treated cows.

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Nutrition Facts

About 8 servings per container
Serving size 1 cup (240mL)

	Age 4+ years		Age 1-3 years	
		170		170
		% DV*		% DV**
Calories				
Total Fat	8g	12%	8g	23%
Saturated Fat	5g	25%	5g	50%
Trans Fat	0g		0g	
Polyunsaturated Fat	0g		0g	
Monounsaturated Fat	2.5g		2.5g	
Cholesterol	35mg	12%	35mg	12%
Sodium	140mg	6%	140mg	9%
Total Carb	14g	5%	14g	9%
Dietary Fiber	1g	4%	1g	7%
Total Sugars	13g		13g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	8g	16%	8g	62%
Vitamin D	4.5mcg	25%	4.5mcg	30%
Calcium	310mg	25%	310mg	45%
Iron	0mg	0%	0mg	0%
Potassium	430mg	10%	430mg	15%
Vitamin A	90mcg	10%	90mcg	30%
Riboflavin	0.4mg	30%	0.4mg	80%
Vitamin B12	1.3mcg	50%	1.3mcg	140%
Phosphorus	250mg	20%	250mg	50%
Choline	55mg	10%	55mg	30%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,000 calories a day is used for general nutrition advice for children 1-3.

References:
1. Lauritzen L, Hansen HS, Jørgensen MH, Michaelsen KF. The essentiality of long chain n-3 fatty acids in relation to development and function of the brain and retina. *Prog Lipid Res.* 2001; Jan; 40(1-2): 1-64. 2. Calder PC. The role of DHA in the first 1,000 days. *Ann Nutr Metab* 2016; 69(suppl 1):8-21. 3. Gibson GR, Scott KP, Rastall PA, et al. Dietary prebiotics: Current status and new definition. *Food Sci Technol, Biol, Funct. Foods.* 2010;7:1-19. 4. IOM (US). Choline. In *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline*. National Academies Press: Washington, DC, USA; 1998. 5. Sanders L, Zeisel SH. Choline: Dietary Requirements and Role in Brain Development. *Nutr Today* 2007; 42(4):181-186. 6. Committee to Review Dietary Reference Intakes for Vitamin D and Calcium, Food and Nutrition Board, Institute of Medicine. *Dietary Reference Intakes for Calcium and Vitamin D*. Washington, DC: National Academy Press; 2010. 7. Mitchell PJ, Cooper C, Dawson-Hughes B, Gordon CM, Piccoli R. Life-course approach to nutrition. *Osteoporosis International* 2013; 24(12):2723-42. 2015. 8. Keast DR, Fulgoni VL, Nicklas TA, O'Neil CE. Food Sources of Energy and Nutrients among Children in the United States: National Health and Nutrition Examination Survey 2003-2006. *Nutrients* 2013; 5(1):283-301. 9. Weaver CM, Alexander DD, Boushey CJ, et al. Calcium plus vitamin D supplementation and risk of fractures: an updated meta-analysis from the National Osteoporosis Foundation. *Osteoporosis Int* (2016) 27:357-376. 10. What We Eat in America, NHANES 2015-2016, Individuals 2 years and over (excluding breast-fed children), day 1. Available at: www.ars.usda.gov/health/nutrition/ (Accessed 1 Jul 2020).

