



Serving Size: 1 cup (240 mL)
Servings per Container: 8
Net. Weight: 26.58 lb

Nutrition Facts

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

Amount per serving

Calories 150

% Daily Value*

Total Fat 8g 10%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 120mg 5%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 8g 16%

Vitamin D 2.6mcg 15%

Calcium 280mg 20%

Iron 0.1mg 0%

Potassium 350mg 8%

Vitamin A 70mcg 8%

*The % Daily Value 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.

Ingredients: Organic Grade A Milk, Vitamin D3.

Organic Valley

Ultra Pasteurized Organic Whole Milk, 6/64 oz

Product Number 20333098
UPC 093966513004
Item Description Milk UHT Whole Homo White
Item/Pack 200008-10187

To the best of our knowledge, the following information is true and is offered for your consideration.

Nutrient	Per Svc	% DV	Per 100g
Gram Weight (g)	249.12		100
Calories (kcal)	153.58267	61.65	
Calories from Fat (kcal)	72.86759	29.25	
Calories from Sat Fat (kcal)	45.28993	18.18	
Protein (g)	8.07147	16	3.24
Carbohydrates (g)	12.1073	4	4.86
Total Dietary Fiber (g)	0	0.0	
Total Soluble Fiber (g)	0	0.0	
Dietary Fiber (2016) (g)	0	0	0.0
Soluble Fiber (2016) (g)			
Total Sugars (g)	11.4595	4.6	
Added Sugar (g)	0	0	0.0
Monosaccharides (g)	0	0.0	
Disaccharides (g)	11.4595	4.6	
Other Carbs (g)	0	0.0	
Fat (g)	8.0964	10	3.25
Saturated Fat (g)	5.03221	25	2.02
Mono Fat (g)	2.02285	0.81	
Poly Fat (g)	0.48578	0.19	
Trans Fatty Acid (g)	0.24414	0.1	
Cholesterol (mg)	28.1505	10	11.3
Water (g)	218.72736	87.8	
Ash (g)	2.11344	0.85	
Vitamins	Per Svc	% DV	Per 100g
Vitamin A IU (mcg)	249.1195		100.0
Vitamin A RE (mcg)	74.74		30.0
Vitamin A RAE (mcg)	74.74	8	30.0
Carotenoid RE (mcg)			
Retinol RE (mcg)			
Beta Carotene (mcg)			
Vitamin B1 Thiamin (mg)	0.10961	10	0.04
Vitamin B2 Riboflavin (mg)	0.45589	35	0.18
Vitamin B3 Niacin (mg)	0.26656		0.11
Vitamin B3 Niacin Equiv (mg)	3.38055	20	1.36
Vitamin B6 (mg)	0.08968	6	0.04
Vitamin B12 (mcg)	1.09613	45	0.44
Biotin (mcg)	4.73327	15	1.9
Vitamin C (mg)	0	0	0.0
Vitamin D IU (mcg)	104.63039		42.0
Vitamin D (mcg)	2.61576	15	1.05
Vitamin E Alpha Toco (mg)	0.14947	0	0.06
Folate (mcg)	12.45598		5.0
Folate DFE (mcg)	12.45598	2	5.0
Vitamin K (mcg)	0.49824	0	0.2
Pantothenic Acid (mg)	0.90181	20	0.36
Folic Acid (mcg)			



One Organic Way, La Farge WI 54639 USA
1-888-444-6455 Fax 608-625-3075
www.OrganicValley.coop

Minerals	Per Svc	% DV	Per 100g
Calcium (mg)	281.50504	20	113.0
Chromium (mcg)	0.12456	0	0.05
Copper (mg)	0.0274	4	0.01
Fluoride (mg)			
Iodine (mcg)	57.29749	40	23.0
Iron (mg)	0.07474	0	0.03
Magnesium (mg)	24.91195	6	10.0
Manganese (mg)	0.00747	0	0.0
Molybdenum (mcg)	4.98239	10	2.0
Phosphorus (mg)	226.69875	20	91.0
Potassium (mg)	353.74969	8	142.0
Selenium (mcg)	9.21742	15	3.7
Sodium (mg)	122.31774	5	49.1
Zinc (mg)	0.99648	10	0.4
Poly Fats	Per Svc	% DV	Per 100g
Omega 3 Fatty Acid (g)	0.18684		0.08
Omega 6 Fatty Acid (g)	0.29894		0.12
22:6 - DHA (g)	0		0.0
Other Nutrients	Per Svc	% DV	Per 100g
Alcohol (g)	0		0.0
Caffeine (mg)	0		0.0
Choline (mg)	35.37497	8	14.2

Country of Origin: US

Store between 33°F - 38°F

USDA Certified Organic (Oregon Tilth); Kosher Certified (Orthodox Union); Halal Certified (IFANCA)

Refrigerate at 33°F-38°F. Freshest tasting within 5 days after opening