

SUMMER STRONG

POWERED BY HILAND MILK



Locally Made.
Naturally Delicious.™

PROTEIN + CALCIUM = SUMMER ENERGY



Protein
builds & repairs muscle.



Calcium & Vitamin D
help build & maintain strong
bones & teeth.



**Protein, Zinc, Selenium,
Vitamin A, & Vitamin D**
support the immune system.



Vitamin B12 & Potassium
support heart health by
building healthy blood cells
& maintaining healthy
blood pressure.

Grab your Hiland Milk at lunch!
#SummerStrongHiland

**COOL.
STRONG.
REFRESHED.
HILAND DAIRY MILK**



PROTEIN + ELECTROLYTES = SUMMER RECOVERY

Milk Is a Nutrient Powerhouse.

Milk is a nutrient-dense beverage containing protein, calcium, and vitamins D and B12, making it excellent for bone health, energy, and muscle recovery.

It's 85-95% water, providing effective hydration.



#SummerStrongHiland

**Locally Made.
Naturally Delicious.™**

FUEL FOR THE FAST LANE

POWERED BY HILAND DAIRY MILK



PROTEIN + CALCIUM = STRONG PERFORMANCE

#GrowingStrongWithHiland