

got milk?

HOUSE OF DERÉON

Home bodies.

Growing up I always wanted to be just like my mom. So I drank milk. Some studies suggest that women who drink enough milk tend to weigh less and have less body fat than those who don't. So drink 24 ounces of lowfat or fat free milk every 24 hours as part of your healthy diet and see for yourself. Who says father knows best?

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HOURS milk your diet. Lose weight!™

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