

DAVID MONTGOMERY

DAIRY FACTS

CALCIUM

Helps build and maintain strong bones and teeth.

PROTEIN

Helps build and repair tissue. Helps maintain a healthy immune system.

VITAMIN D

Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.

PHOSPHORUS

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

VITAMIN A

Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.

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.

ZINC

Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

SELENIUM

Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

IODINE

Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

POTASSIUM

Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

STATS

5'10"

Height

222 LBS

Weight

IOWA STATE

College

RUNNING BACK

Position

31.38 INCHES

Arm length

9.25 INCHES

Hand Size

4.63 SECONDS

Ran a 4.63 seconds 40 yard dash at 2019 combine

28.5 INCHES

Vertical leap at combine was 28.5 inches

