milk beverage.

[Claim 12] A method of producing the magnesium fortified milk beverage as described in claim 3 and/or claim 6, characterized by incorporating into a milk beverage (a) a milk component, (b) an insoluble ingredient of magnesium and (c) a dispersant comprising κ-carrageenan in proportions of 3 weight% or higher on a nonfat milk solids basis, 0.001 to 0.2 weight% on a magnesium basis and 0.005 to 0.02 weight%, respectively, to the total amount of milk beverage.

[Claim 13] A method of producing the iron fortified milk beverage as described in claim 4 and/or claim 7, characterized by incorporating into a milk beverage (a) a milk component, (b) an insoluble ingredient of iron and (c) a dispersant comprising κ-carrageenan in proportions of 3 weight% or higher on a nonfat milk solids basis, 0.0001 to 0.005 weight% on ~~a magnesium~~ an iron basis and 0.005 to 0.02 weight%, respectively, to the total amount of milk beverage.

[Claim 14] The method of production as described in claim 11 to claim 13, characterized by including a step of compounding a milk component, an insoluble ingredient of calcium, magnesium or iron and a dispersant comprising κ-carrageenan and a step of performing heat pasteurization treatment or heat sterilization treatment.

[Claim 15] The method of production as described in any one of claims 11 to 14, characterized in that the milk beverage is cow's milk, processed milk, a lactic acid bacteria beverage or a milk component-containing coffee, tea, powdered green tea, cocoa or fruit juice beverage.