

20+ SCIENTIFIC STUDIES SUPPORT THE BENEFITS OF RECOVERING AFTER STRENUOUS EXERCISE WITH THE HIGH-QUALITY PROTEIN AND NUTRIENTS FOUND IN CHOCOLATE MILK

Lowfat Chocolate Milk:



Is a natural source of high-quality protein to build lean muscle



Has the right mix of protein and carbs, scientifically shown to refuel exhausted muscles and help return to peak potential



Provides fluids and electrolytes - like calcium, potassium, magnesium and sodium - to rehydrate and help replenish critical nutrients lost in sweat



Finish strong with chocolate milk. To learn more about the science behind the recovery benefits of lowfat chocolate milk log on to BuiltWithChocolateMilk.com.



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