

THE SCIENCE OF EXERCISE RECOVERY

INTENSE COMPETITION REQUIRES SERIOUS RECOVERY. CHOCOLATE MILK HAS WHAT IT TAKES TO HELP YOU RECOVER AND PERFORM YOUR BEST.



Serious athletes, trainers and sports nutrition experts all know the importance of an athlete's AFTER. Whether your post-workout or competition routine includes stretching, listening to music or resting, muscle recovery and nutrition are crucial after pushing your body to the max.



Lowfat chocolate milk has the right mix of carbs and high-quality protein scientifically shown to help refuel your body, rebuild lean muscle, and to help you recover quickly so you can push further tomorrow.



	LOWFAT CHOCOLATE MILK (8 OZ)	TYPICAL PROTEIN POWDERS	TYPICAL PROTEIN RECOVERY DRINK	TYPICAL CARBOHYDRATE SPORTS DRINK
HAS THE "RIGHT MIX" OF CARBS & PROTEIN TO REFUEL (ABOUT A 3:1 RATIO)	●		●	
PROVIDES 9 ESSENTIAL NUTRIENTS ATHLETES NEED	●		●	
NATURAL SOURCE OF HIGH-QUALITY PROTEIN & KEY ELECTROLYTES LIKE CALCIUM, POTASSIUM, & MAGNESIUM	●			
MADE WITH REAL MILK	●			
COSTS LESS THAN 50 CENTS PER GLASS	●			
SIMPLE INGREDIENTS, NOT DESIGNED IN A LAB	●			