

CARB TO PROTEIN RATIO

CHOCOLATE MILK'S RATIO OF CARBOHYDRATES TO PROTEIN PREVENTS MUSCLE SORENESS, **REPAIRS MUSCLES**, AND **REPLENISHES ENERGY STORES**.



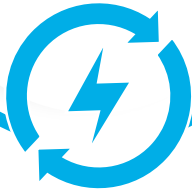
TIMING

THE BODY NEEDS NUTRIENTS WITHIN THE FIRST HOUR AFTER A WORKOUT IN ORDER TO **REPLENISH ENERGY** STORED IN THE LIVER AND MUSCLES.



B VITAMINS

UNLIKE TRADITIONAL SPORTS DRINKS, CHOCOLATE MILK CONTAINS B VITAMINS TO **CONVERT FOOD INTO ENERGY**.



CALCIUM & VITAMIN D

THE CALCIUM AND VITAMIN D FOUND IN CHOCOLATE MILK **STRENGTHEN BONES** AND REDUCE THE RISK OF FRACTURES.



low fat
CHOCOLATE MILK

The ideal post-workout recovery beverage

WATER & ELECTROLYTES

THE WATER CONTENT OF CHOCOLATE MILK **REHYDRATES THE BODY**, AND ITS **ELECTROLYTES REPLENISH** WHAT IS LOST IN SWEAT.



NUTRIENT POWERHOUSE

CHOCOLATE MILK CONTAINS THE SAME **13 ESSENTIAL NUTRIENTS** AS WHITE MILK, TASTES GREAT, AND IS CONVENIENT AND AFFORDABLE!

