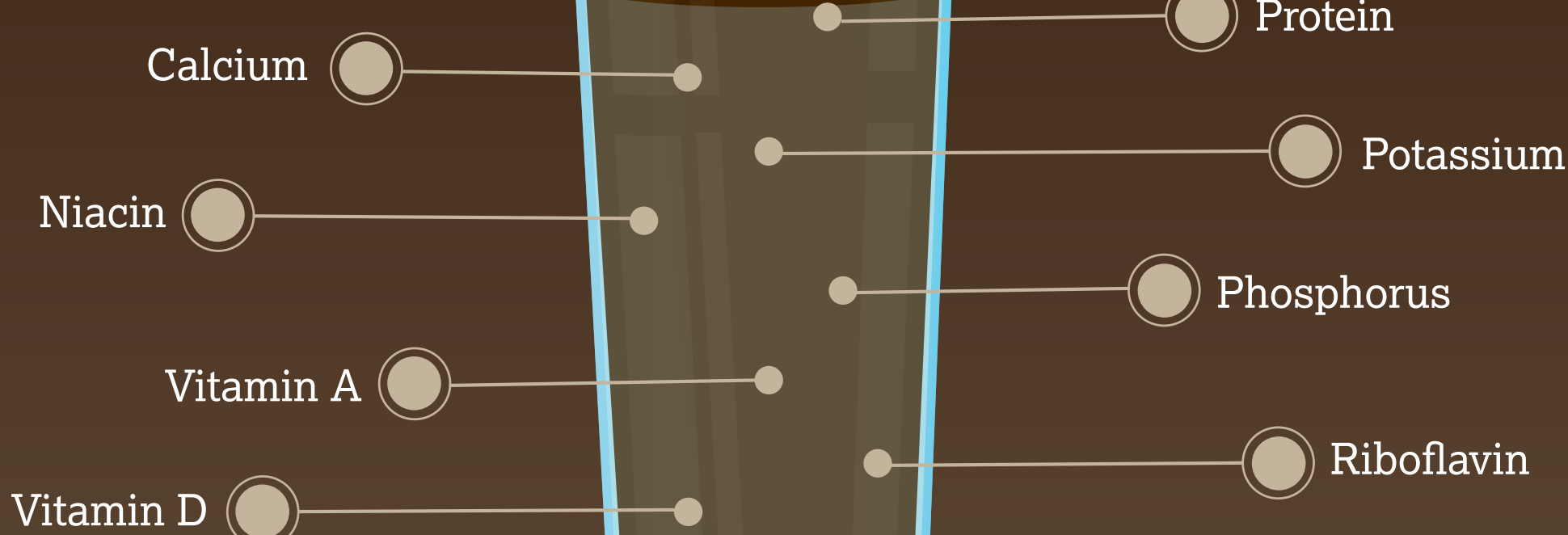


CHOCOLATE MILK

THE ULTIMATE RECOVERY DRINK

9 Essential Nutrients



Rehydrate

- The riboflavin found in chocolate milk helps convert the other nutrients in milk to energy
- Chocolate milk's 4:1 carbohydrate to protein ratio makes it ideal for recovery

- Chocolate milk's minerals and electrolytes make it great for hydration
- Athletes who drink chocolate milk retain twice as many fluids as those who consume sports drinks

Refuel

Repair

- The nutrient, carbohydrate and sugar combination in chocolate milk hydrate you immediately after a workout
- Chocolate milk leaves you refreshed and refueled for your next workout

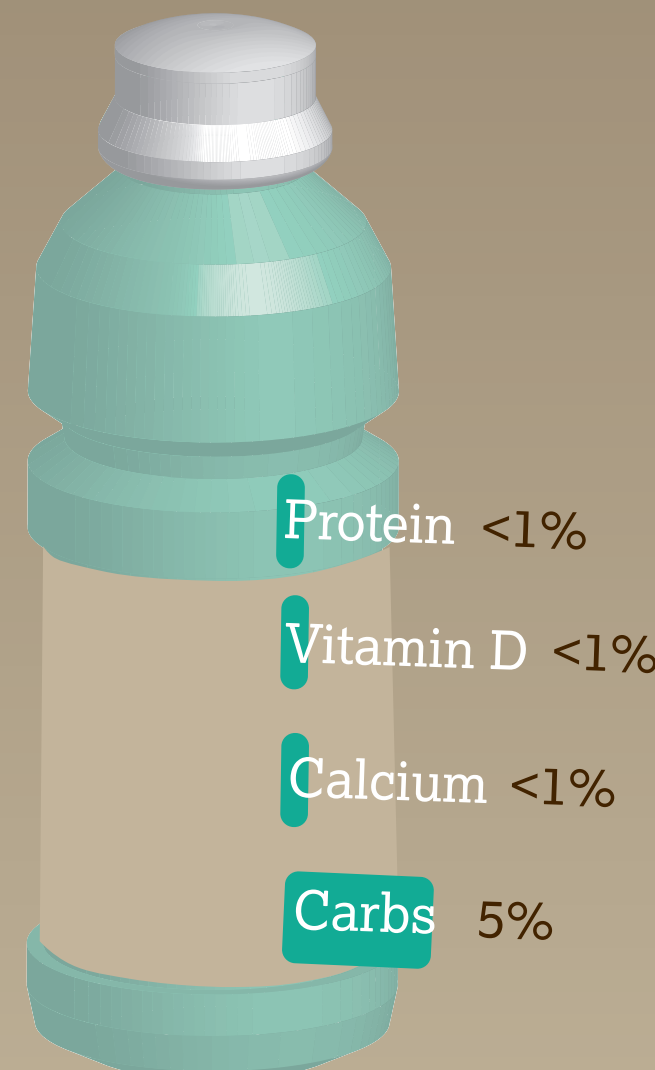
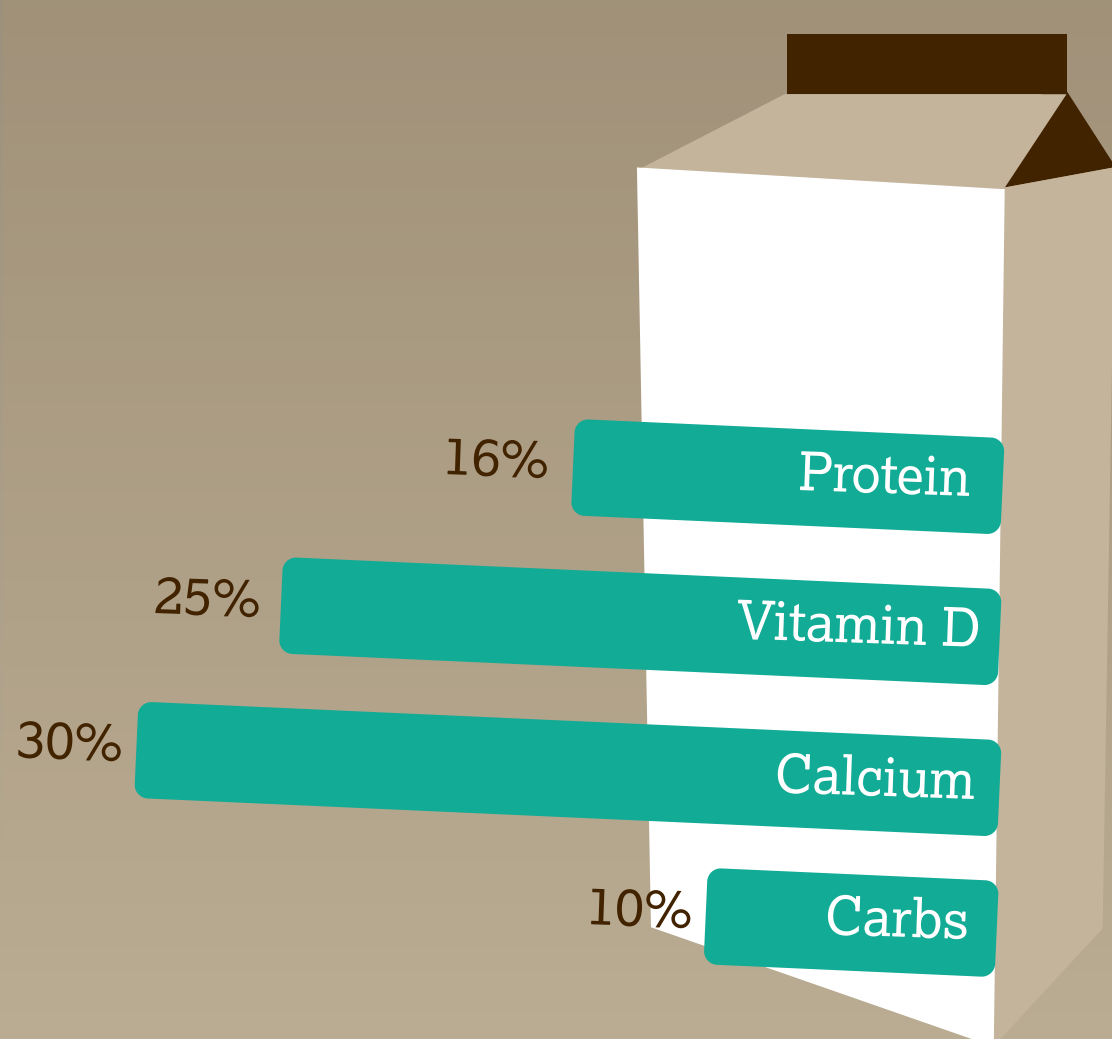
- Chocolate milk has protein essential for rebuilding and repairing muscles
- Protein supports strong ligaments and tendons and helps move oxygen to muscles

Repeat

Crush the Competition

CHOCOLATE MILK

SPORTS DRINK



U.S. Department of Agriculture Nutrient Analysis, % Daily Values are based on a 2,000 calorie diet and 8 ounce serving



RUN TOWARD YOUR GOALS WITH CHOCOLATE MILK!

Desbrow, Ben, et al. "Applied Physiology, Nutrition, and Metabolism." Applied Physiology, Nutrition, and Metabolism - 39(12):1366 - Full Text, 2014, www.nrcresearchpress.com/doi/full/10.1139/apnm-2014-0174#_XMCV8-tK9Z. National Dairy Council. "Sports Nutrition for Student Athletes." Jan. 2016. Rapaport, Lisa. "Chocolate Milk May Be Better than Sports Drinks for Exercise Recovery." Reuters, Thomson Reuters, 12 July 2018, www.reuters.com/article/us-health-hydration-chocolate-milk/chocolate-milk-may-be-better-than-sports-drinks-for-exercise-recovery-idUSKBN1K236Q.