

## Get what you need, including the facts.

When your workouts are strenuous, you need **protein, carbs, electrolytes and fluids** to bounce back. Chocolate milk has all that **and more.**

Lowfat chocolate **milk has 9 key nutrients**, including some not typically found in sports drinks, like **calcium** and **vitamin D** to strengthen bones and reduce the risk of stress fractures, and **B vitamins** for energy.

**NATURE'S  
RECOVERY  
DRINK**  
delicious  
lowfat  
chocolate  
milk



## Supported by Science.

According to several research studies, lowfat chocolate milk is an effective post-workout recovery drink. Some research even suggests milk may help **restore and maintain hydration better** than water or certain sports drinks. See the science for yourself at [refuelwithchocolatemilk.com](http://refuelwithchocolatemilk.com).

# YOUR WORKOUT'S DONE. YOUR BODY ISN'T.

## Simple *and* effective.

**Chocolate milk.** What could be simpler? It's **delicious**, it's **affordable** and, above all, it gets the job done. Drink lowfat chocolate milk as part of your post-workout recovery routine.

- PROTEIN** to help build muscle
- CARBS** to refuel muscles
- ELECTROLYTES** to replenish what's lost in sweat
- FLUIDS** to help rehydrate the body



Apolo Ohno  
Gold Medal Speedskater

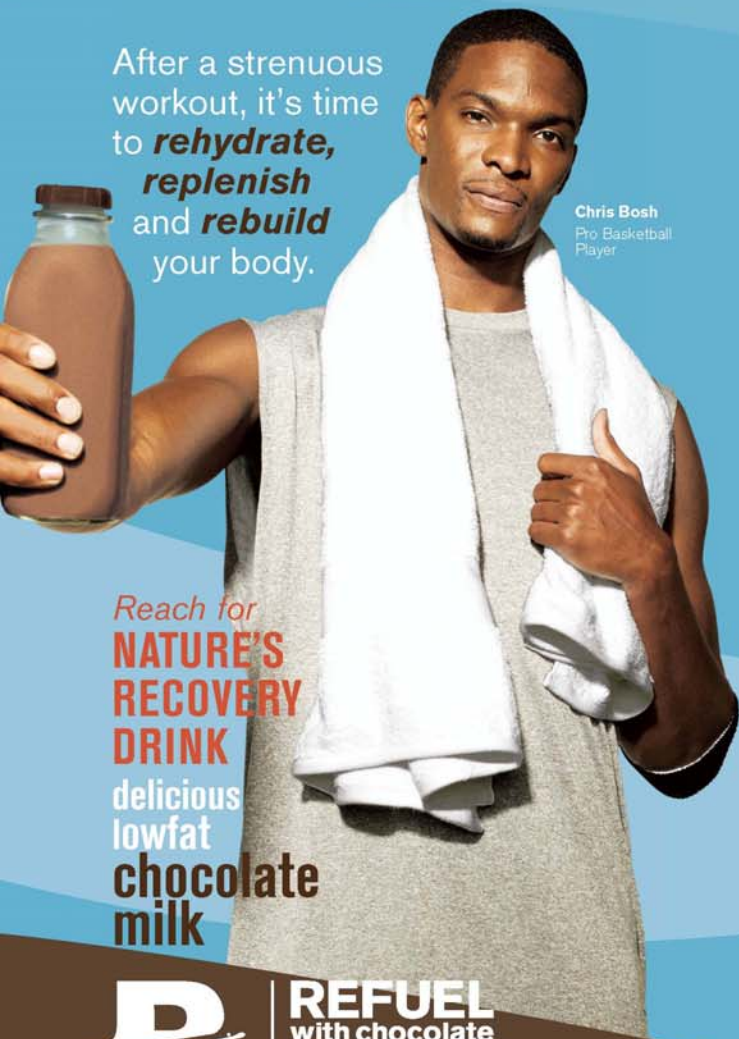


# NATURE'S RECOVERY DRINK

[REFUELWITHCHOCOLATEMILK.COM](http://REFUELWITHCHOCOLATEMILK.COM)

/chocolatemilkrefuel @chocmilkrefuel

After a strenuous workout, it's time to **rehydrate, replenish** and **rebuild** your body.



Chris Bosh  
Pro Basketball  
Player

Reach for  
**NATURE'S  
RECOVERY  
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## Milk's always had it. They have to add it.

**Lowfat chocolate milk** has what it takes to help you recover after a hard workout. It naturally offers high-quality protein and **key electrolytes like calcium, potassium, sodium and magnesium**, which most sports drinks add in the lab. The more sports drink companies try to innovate, the more they start to resemble the nutrient mix and vitamin/mineral profile **milk has had all along.**



During a strenuous workout, muscle tissue can break down. It's the **rebound**, the **rebuilding**, that has you coming back stronger next time. For that **you need protein** in your recovery routine.

## Not *just* PROTEIN. HIGH-QUALITY PROTEIN.

Most sports recovery beverages add protein. But **milk is a natural source** of high-quality protein. And with lowfat chocolate milk, you get the **right mix of protein and carbs** to refuel exhausted muscles. High-quality fuel for a high-quality recovery.

## DON'T SETTLE FOR LESS.

You've worked out too hard to turn back now. Get the benefits you deserve with Nature's Recovery Drink, **lowfat chocolate milk.**



Shawn Johnson  
Gold Medal  
Gymnast

**R** | REFUEL  
got milk? with chocolate  
**MILK**

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