



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.



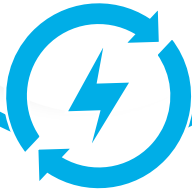
CALCIUM & VITAMIN D

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



B VITAMINS

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



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 **9 ESSENTIAL NUTRIENTS** AS WHITE MILK, TASTES GREAT, AND IS CONVENIENT AND AFFORDABLE!

