

The Workout's Finished.

The Body Isn't.



Experts agree. The first two hours after the workout is when the body's real work begins — refueling, building, and repairing muscles. **How** you refuel and rehydrate after a game or workout can affect your performance.

Lowfat chocolate milk has essential nutrients your body needs after a workout.



The right mix of high quality **protein** and **carbohydrates** to help build and refuel muscles (restore muscle glycogen).



Fluids and **electrolytes**, including **calcium**, **potassium**, and **magnesium**, to rehydrate and replenish what's lost in sweat.



Calcium and **Vitamin D** to strengthen bones and help reduce the risk of stress fractures.



B vitamins to help convert food to energy.

Rebuild.
Recharge.
Refuel
with
Chocolate Milk.

Nature's
Protein Drink.

Did You Know???

➔ Many of today's top professional and collegiate coaches, trainers, and athletes advocate for chocolate milk as a post-exercise recovery beverage.

Visit www.bodybymilk.com to learn more about the recovery benefits of lowfat chocolate milk.



©2010 Young Minds Inspired

©2010 America's Milk Processors. got milk® is a registered trademark of the California Milk Processor Board.

got milk?