

CHOCOLATE MILK, THE ORIGINAL SPORTS BEVERAGE



RECOVER FASTER, PLAY HARDER

Move over, sports drinks! Chocolate milk is a powerful exercise recovery beverage, replenishing kids' muscle glycogen and supporting their muscle growth post workout. Milk's high-water content and electrolytes also help rehydrate the body more effectively than regular water. Set a new PR on your child's recovery time with a cold glass of chocolate milk.

A COMPETITIVE NUTRIENT PROFILE

PROTEIN

- Contains complete proteins (casein + whey) with 9 essential amino acids for quick and sustained muscle repair

ELECTROLYTES

- Provides sodium, potassium, calcium, and magnesium - key electrolytes lost in sweat

CALCIUM + VITAMIN D

- Supports bone growth, setting children up for strong bones later in life

CARBS

- Has carbs for muscle glycogen replenishment (at a ratio of 3g of carbs to 1g of protein)

B VITAMINS

- Contains B2, B12, and niacin for supporting energy metabolism
- Milk also has another 10 essential nutrients, like calcium and vitamin D

13 Essential
Nutrients

3:1 Carbs to
Protein Ratio

"SUPER STRENGTH" SMOOTHIE RECIPE

- 1 cup low-fat chocolate milk
- 1 medium banana
- 1/2 cup Greek yogurt
- 1 tbsp peanut butter
- 1/2 cup oats
- 1 tsp honey or maple syrup
- Ice or frozen banana slices
- Optional: 1 tbsp chia seeds or flaxseed (for fiber + omega-3s)

60g Carbs
25g Protein
10g Fat

9 Essential
Amino Acids