The nutrient combination of milk and flavored milk is unique - not like any other beverage out there.

- 90% water for hydration
- Carbohydrates to replace depleted muscle glycogen
- Protein to build and maintain muscles
- Calcium, vitamin D, phosphorus, and magnesium for strong bones
- Potassium to help muscles contract and regulate body fluids
- B-vitamins to help convert food to energy for exercising muscles

For more information: www.dairycouncilofaz.org

Everyone knows you need to keep your body hydrated before, during, and after a workout. But how do you replenish exhausted muscles?

Refuel with chocolate milk!
A bottle of cold chocolate milk is a great tasting carbohydrate source to refuel the body and make energy available for your next practice or event.

Why?
Chocolate milk has a unique combination of protein, carbohydrates, and potassium that helps refuel tired muscles.

How?
Have a serving of chocolate milk after practice or competition.

Refuel with chocolate milk between double sessions and closely scheduled competitions.

CHOCOLATE MILK: AN IDEAL SPORTS RECOVERY DRINK

Refuel with chocolate milk between double sessions and closely scheduled competitions.

CHOCOLATE MILK PROVIDES 9 ESSENTIAL NUTRIENTS YOUR BODY NEEDS TO REFUEL.