

THINK YOUR DRINK.



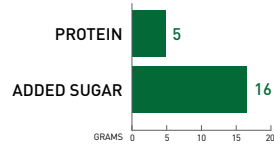
LOW FAT CHOCOLATE MILK

CALORIES: 178 SERVING SIZE: 8 OZ.



CHOCOLATE SOY MILK

CALORIES: 153 SERVING SIZE: 8 OZ.



CHOCOLATE ALMOND MILK

CALORIES: 129 SERVING SIZE: 8 OZ.



SPORTS DRINK

CALORIES: 63 SERVING SIZE: 8 OZ.



CHOCOLATE MILK VS. THE COMPETITION

Check the scoreboard; chocolate milk has more natural protein and less added sugar than these other choices. And you can choose lactose-free milk if you're lactose intolerant.



Learn more at
DAIRYMAX.ORG/BUILT

4

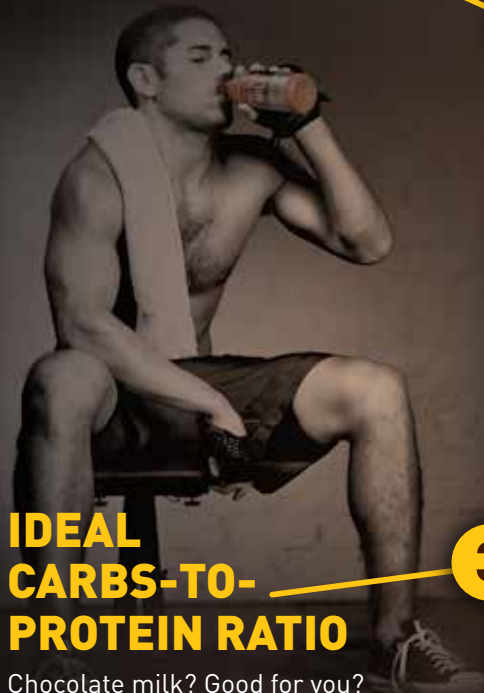
REASONS
CHOCOLATE
MILK
— IS THE —
SPORTS DRINK
NATURE
INTENDED



by nature.

EIGHT GRAMS OR MORE OF HIGH QUALITY PROTEIN

Protein is vital for building and repairing muscle after a workout. Chocolate milk has about 8 grams of high-quality protein in every 8-ounce glass - and even more in protein-fortified milk. That's more protein than an egg. And it only costs about 25 cents per glass.



IDEAL CARBS-TO-PROTEIN RATIO

Chocolate milk? Good for you? With all that sugar? Actually, there are only about 14g of added sugar in a glass of chocolate milk; the rest occurs naturally.

What's more, the added sugar raises the carbs-to-protein ratio of a typical glass of chocolate milk to the ideal ratio for post-workout recovery.



NATURAL ELECTROLYTES

Electrolytes are essential for basic body functions - and they're one of the things you lose during exercise. Chocolate milk is a great natural way to replenish:

- **300 mg Calcium: 30% DV**
- **366 mg Potassium: 10% DV**
- **107 mg Sodium: 4% DV**
- **27 mg Magnesium: 6% DV**

*DV = Recommended Daily Value



POWERFUL HYDRATION

Water is vital, especially after a workout - and chocolate milk is 90 percent water, for excellent hydration. On top of that, chocolate milk is packed with electrolytes, protein and carbs to supercharge you.

{ Next time you're looking for a post-workout drink, grab some chocolate milk for replenishment built by nature. Plus, check out protein-fortified milks for extra power when you need it. }