

LIFT UP TO 7% MORE

with chocolate milk
vs. sports drinks



BENCH PRESS

WEIGHT LIFTED BY
CHOCOLATE MILK
USERS

+ **3.5%**

WEIGHT LIFTED BY
SPORTS DRINK USERS

- **3.2%**



SQUATS

WEIGHT LIFTED BY
CHOCOLATE MILK
USERS

+ **15%**

WEIGHT LIFTED BY
SPORTS DRINK USERS

+ **8%**

A 6-week study by the University of Texas, published in the Journal of the International Society of Sports Nutrition, compared the effects of two different recovery drinks on 100 high school athletes training 4 days a week.



DairyMAX
YOUR Local Dairy Council

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4 REASONS

CHOCOLATE MILK

— IS THE —
**SPORTS DRINK
NATURE
INTENDED**

EIGHT GRAMS OR MORE OF HIGH QUALITY PROTEIN

Protein is vital for building and repairing muscles 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.

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



IDEAL CARBS-TO-PROTEIN RATIO

There are only about 14g of added sugar in a glass of chocolate milk - and that added sugar creates the ideal carb-to-protein ratio that allows tired muscles to rebuild more efficiently and replenish the energy they need for the next workout.

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.

DRINK
CHOCOLATE
MILK WITHIN

30

MINUTES
AFTER YOUR WORKOUT TO
**REHYDRATE, REPAIR
& REPLENISH**

