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.

Learn more at DAIRYMAX.ORG/BUILT

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.

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.

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.

DRINK CHOCOLATE MILK WITHIN 30 MINUTES AFTER YOUR WORKOUT TO REHYDRATE, REPAIR & REPLENISH