

**20+ SCIENTIFIC STUDIES SUPPORT THE  
BENEFITS OF RECOVERING AFTER STRENUOUS  
EXERCISE WITH THE HIGH-QUALITY PROTEIN  
AND NUTRIENTS FOUND IN CHOCOLATE MILK**

## Lowfat Chocolate Milk:



Is a **natural source of high-quality protein** to build lean muscle



Has the **right mix of protein and carbs**, scientifically shown to refuel exhausted muscles and help return to peak potential



Provides **fluids and electrolytes** - like calcium, potassium, magnesium and sodium - to rehydrate and help replenish critical nutrients lost in sweat



Finish strong with chocolate milk. To learn more about the science behind the recovery benefits of lowfat chocolate milk, log on to **BuiltWithChocolateMilk.com.**



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