

Experts agree that the body requires immediate fuel to recover and rehydrate during the first 30 minutes after a workout. Low-fat chocolate milk is nature's recovery drink for athletes, with a perfect mix of carbs and protein to rebuild muscles and restore fluid and electrolyte loss.

**WHY CHOCOLATE?** Chocolate milk contains more carbohydrates than regular milk.

# YOUR **WORKOUT** IS DONE. YOUR **BODY** ISN'T.



## **PROTEIN + CARBS**

are the right mix of energy sources to refuel exhausted muscles.



## **B VITAMINS**

convert food into energy.



## **FLUIDS**

Milk is 90% water, great for rehydrating and maintaining fluid balance.



## **AMINO ACIDS**

Protein building blocks needed for muscle growth and repair.



## **LACTOSE**

is a natural sugar that helps get amino acids into muscle cells.



## **CALCIUM + VITAMIN D**

strengthen bones and help reduce the risk for stress fractures



## **ELECTROLYTES**

Sodium, potassium and magnesium replace what's lost in sweat.



8 oz of **LOW-FAT  
CHOCOLATE MILK**  
contains as  
much

**CALCIUM**  
as 10 CUPS  
**RAW SPINACH**

**POTASSIUM**  
as ONE  
**BANANA**

**VITAMIN A**  
as 2 BOILED  
**EGGS**



[WinnersDrinkMilk.com](http://WinnersDrinkMilk.com)

@INDairy IndianaDairy



# REFUEL

Recovering with fat-free chocolate milk after a hard workout helped recreational runners build more muscle, reduce muscle breakdown and run longer compared to when they recovered with a carbohydrate drink.

Lunn WR, Pasiakos SM, Colletto MR, Karfonta KE, Carbone JW, Anderson JM, Rodriguez NR. Chocolate milk & endurance exercise recovery: protein balance, glycogen and performance. *Medicine & Science in Sports & Exercise*. 2012;44:682-691.

After an initial exercise and recovery, cyclists were able to cycle 51% longer during a second bout of exercise after drinking chocolate milk post workout than after drinking a carbohydrate replacement drink with the same number of calories.

Ferguson-Stegall L, McCleave EL, Ding Z, Doerner PG, Wang B, Liao YH, Kammer L, Liu Y, Hwang J, Dessard BM, Ivy JL. Postexercise carbohydrate-protein supplementation improves subsequent exercise performance and intracellular signaling for protein synthesis. *Journal of Strength and Conditioning Research*. 2011;25:1210-1224.

# RESHAPE

When women included fat-free milk in their recovery routine during a 12-week training program, it resulted in greater muscle mass, strength gains, fat loss, and even a potential protective effect on bone health, compared to a carb-only sports drink with the same calories.

Josse AR, Tang JE, Tarnopolsky MA, Phillips SM. Body composition and strength changes in women with milk and resistance exercise. *Medicine & Science in Sports & Exercise*. 2010;42:1122-1130.

## STUDIES SHOW THAT CHOCOLATE MILK IS THE BEST POST-EXERCISE DRINK.

# GAIN THE EDGE

Swimmers who recovered with chocolate milk after an intense practice, on average shaved 2.1 seconds per 200-yard swim, and 0.5 seconds per 75-yard sprint later that same day, compared to when they recovered with a traditional carbohydrate sports drink or calorie-free beverage.

Stager JM, Brammer CL, Sossong T, Kojima K, Spanbauer D, Grand K, Wright BV. Supplemental recovery nutrition affects swim performance following glycogen depleting exercise. Presented at the American College of Sports Medicine, 2014.

Healthy, untrained men who consumed fat-free milk after exercise gained more muscle and lost more body fat at the end of a 12-week training program than those who drank a soy protein beverage or a carb-only beverage. All three beverages had the same amount of calories.

Hartman JW, Tang JE, Wilkinson SB, Tarnopolsky MA, Lawrence RL, Fullerton AV, Phillips SM. Consumption of fat free fluid milk following resistance exercise promotes greater lean mass accretion than soy or carbohydrate consumption in young novice male weightlifters. *American Journal of Clinical Nutrition*. 2007;86:373-381.

Drinking chocolate milk between climbs may give climbers a performance edge compared to drinking water. Ten male climbers drank chocolate milk or water 20 minutes after an exhausting, high-intensity climb and again at dinner. The next day, they were able to climb farther and for longer after recovering with chocolate milk, more so than with water. Researchers also found that when the climbers drank chocolate milk, they reported less muscle soreness three days after their second climb.

Potter J, Fuller B. The effectiveness of chocolate milk as a post-climbing recovery aid. *The Journal of Sports Medicine and Physical Fitness*. 2015;55:1438-1444.

LEARN MORE AT

**BUILTWITHCHOCOLATEMILK.COM**