Chocolate Milk – Nature’s Recovery Drink

• Can reduce muscle damage and **IMPROVE MUSCLE RECOVERY**

• Stimulates muscle protein synthesis to help you **BUILD NEW MUSCLE**

• **HIGH QUALITY PROTEIN**

• Contains **LACTOSE**, a natural sugar, stimulating the hormone **INSULIN** to help get the amino acids into the muscle cells.

• Helps you to **REFUEL, RECOVER** and **REHYDRATE**

• Contains all **9 ESSENTIAL AMINO ACIDS** needed for muscle growth

• Contains the **BRANCHED CHAIN AMINO ACIDS** (BCAAS) leucine, isoleucine, and valine. **LEUCINE** may be the anabolic trigger that stimulates protein synthesis.

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**8 OUNCES of low-fat CHOCOLATE MILK** =

as much **CALCIUM** as

10 CUPS of **SPINACH**

as much **POTASSIUM** as

ONE BANANA

as much **VITAMIN A** as

2 BOILED EGGS

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Developed by Dr. Christine Rosenbloom, PhD, RDN, FAND