

# BENEFITS OF DRINKING CHOCOLATE MILK

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## 8 oz = 8 g OF PROTEIN

A natural source of high-quality protein to build lean muscle

## 3:1 RATION OF CARB:PROTEIN

The right mix of fluids, carbs and protein to rehydrate and refuel muscles

## 13 ESSENTIAL NUTRIENTS

A powerful package of nutrients including calcium, vitamin D and protein to help build strong bones and bodies

