## BENEFITS OF DRINKING CHOCOLATE MILK

## 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



