

# CHOCOLATE

# MILK

# DECONSTRUCTED

## CHOCOLATE MILK

Nature's Recovery Drink

Can reduce muscle damage and improve muscle recovery

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

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**

High Quality Protein

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.

8 ounces of low-fat chocolate milk has...

