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**

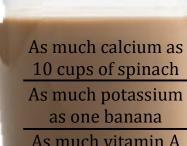
High **Q**uality **P**rotein

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...



As much vitamin A as 2 boiled eggs

