

BENEFITS of DRINKING CHOCOLATE MILK for RECOVERY



- Fluid and electrolytes for hydration
- Protein source for muscle repair
- Carbohydrate source to replenish energy
- Chocolate in the milk boosts the carbohydrate supplied to your muscles and liver
- Low cost replenishing option
- Replenishes necessary vitamins
- It tastes great and kids typically love to drink chocolate milk
- Using milk as a recovery fuel will also boost calcium and vitamin D intake.

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