

The workout's finished.  
The body isn't.  
Rebuild. Rebound.  
Refuel with  
Chocolate Milk.

When the final whistle blows, it's time for student athletes to Refuel with Chocolate Milk. The first two hours after the workout is when the body's real work begins—building and repairing muscles. That takes protein, and lowfat chocolate milk is a natural source of high quality protein. Plus it's packed with essential nutrients not typically found in other sports drinks including calcium and Vitamin D, which can help strengthen bones. Discover the research that supports milk as an effective post-workout beverage at [milkdelivers.org](http://milkdelivers.org).

got milk?<sup>®</sup>

MilkPEP<sup>®</sup>  
Milk Processor Education Program

