Proudly Wisconsin - Chocolate Milk Facts

20+ Scientific Studies
Support the benefits of recovering after strenuous exercise with the high-quality protein and nutrients found in chocolate milk.

Natural source of high-quality protein to build lean muscles.

3:1 Carb-to-protein ratio to refuel tired muscles.

B Vitamins to help convert food to energy.

Electrolytes to rehydrate.

For more information visit builtwithchocolatemilk.com

Look for the Proudly Wisconsin Dairy badge on all your dairy products. wisconsindairy.org