



# Refuel with Oakhurst Chocolate Lowfat Milk!

The Ultimate Sports Replenishment Beverage

**Oakhurst Chocolate Lowfat milk is just what an athlete needs each day, especially after exercise!**

**Why Chocolate Lowfat Milk?** It has just the right ratio of carbohydrates to protein and it speeds recovery of muscles after exercise. Plus Oakhurst Chocolate Lowfat Milk:

- Contains water and electrolytes to replace what you lose with sweating
- Has just the right fuels needed by an active body:
  - fuel to be used during exercise so you can go longer before you get tired
  - fuel to give you energy between sports events occurring on the same day
  - fuel to be stored in your muscles so you can exercise longer the next time
- Contains high-quality protein to:
  - build and repair muscle
  - reduce your risk of injury
- Has calcium to build strong bones and keep them strong
- Has Vitamin D to:
  - keep muscles strong
  - help bones take in calcium
  - reduce your risk of injury
- Contains 9 essential nutrients to keep you healthy during a sports season
- Can be less expensive than some other protein supplements or sports drinks



**Drink Oakhurst Chocolate Lowfat Milk!** It has all the benefits of plain lowfat milk plus it:

- Contains carbohydrate and protein in a proportion greater than 3 to 1, which is the optimal level to refuel tired muscles with carbohydrate after heavy exercise
- Is healthy even though it tastes like a treat!

Shoot for at least 16 ounces within about 15-45 minutes after a workout or between multiple exercise events.

Any information provided is not intended to diagnose, treat, cure, or prevent any disease, or to give medical advice. Always consult your family health practitioner before altering your personal health regimen.

