

THE PROTEIN PORTFOLIO

# PROTEIN SOLUTIONS FOR ANY OCCASION



**MUSCLE MILK®**  
100 Calorie

**20** PROTEIN (G)\*    **7** CARBS (G)\*  
**0** SUGAR (G)\*    **100** CALORIES\*

**PURPOSE**

- ▶ Supports daily protein needs of an active lifestyle
- ▶ Good source of Calcium and Vitamins A, C & D



**EVOLVE®**  
Plant-Based Protein

**20** PROTEIN (G)\*    **18** CARBS (G)\*  
**4** SUGAR (G)\*    **150** CALORIES\*

**PURPOSE**

- ▶ Supports daily protein needs with plant-based protein
- ▶ Non-GMO Project Verified
- ▶ Made with only 11 ingredients



**GATORADE®**  
Recover

**20** PROTEIN (G)\*    **48** CARBS (G)\*  
**20** SUGAR (G)\*    **280** CALORIES\*

**PURPOSE**

- ▶ Promotes athletic recovery with protein and carbohydrates
- ▶ Good source of Calcium



**MUSCLE MILK®**  
Genuine

**25** PROTEIN (G)\*\*    **10** CARBS (G)\*\*  
**0** SUGAR (G)\*\*    **180** CALORIES\*\*

**PURPOSE**

- ▶ High-quality protein derived from milk to help rebuild muscle after exercise
- ▶ Good source of Calcium and Vitamins A, C & D



**GATORADE®**  
Super Shake

**30** PROTEIN (G)\*    **13** CARBS (G)\*  
**10** SUGAR (G)\*    **190** CALORIES\*

**PURPOSE**

- ▶ Supports muscle rebuilding after training/competition
- ▶ Excellent source of Vitamins A and D, and Calcium
- ▶ Good source of Vitamins C & E, and contains Electrolytes



**MUSCLE MILK®**  
Pro Series®

**40** PROTEIN (G)\*\*    **11** CARBS (G)\*\*  
**2** SUGAR (G)\*\*    **220** CALORIES\*\*

**PURPOSE**

- ▶ Helps rebuild muscles after intense physical activity
- ▶ Higher protein option for athletes with greater needs post-training
- ▶ Good source of 20 Vitamins and Minerals

**PROTEIN:** Gatorade products designed to provide 0.25-0.3 g/kg of protein or around 20g of protein to support athlete recovery needs.

**CARBOHYDRATE:** Small amounts of carbohydrate in a recovery beverage, in combination with a carbohydrate rich diet, support glycogen replenishment post-training and competition.



\* 11 fl oz serving size

\*\* 14 fl oz serving size