

THE PROTEIN PORTFOLIO

PROTEIN SOLUTIONS FOR ANY OCCASION



GATORADE® ZERO With Protein	MUSCLE MILK® Zero	EVOLVE® Plant-Based Protein	GATORADE® Recover	MUSCLE MILK® Genuine	GATORADE® Super Shake	MUSCLE MILK® Pro
10 PROTEIN (G)	20 PROTEIN (G)	20 PROTEIN (G)	20 PROTEIN (G)	25 PROTEIN (G)	30 PROTEIN (G)	32 PROTEIN (G)
1 CARBS (G)	7 CARBS (G)	17 CARBS (G)	48 CARBS (G)	9 CARBS (G)	12 CARBS (G)	8 CARBS (G)
0 SUGAR (G)	0 SUGAR (G)	4 SUGAR (G)	20 SUGAR (G)	0 SUGAR (G)	10 SUGAR (G)	1 SUGAR (G)
50 CALORIES	100 CALORIES	140 CALORIES	280 CALORIES	160 CALORIES	190 CALORIES	170 CALORIES
16.9 fl oz serving size	11 fl oz serving size	11 fl oz serving size	11.16 fl oz serving size	11 fl oz serving size	11.16 fl oz serving size	11 fl oz serving size
PURPOSE <ul style="list-style-type: none">Same level of electrolytes as GTQ with zero sugar and 10g of proteinA refreshing way to help kick start your recoveryElectrolytes to help you replenish what you lose in sweat	PURPOSE <ul style="list-style-type: none">Supports daily protein needsGood source of Calcium and Vitamins A, C & D	PURPOSE <ul style="list-style-type: none">Supports daily protein needs with plant-based proteinNon-GMO Project VerifiedGood Source of B12, Calcium, Iron & Zinc	PURPOSE <ul style="list-style-type: none">Protein to support muscle recovery and carbohydrates to replenish glycogenGood source of Calcium	PURPOSE <ul style="list-style-type: none">High-quality protein derived from milk to help rebuild muscle after exerciseGood source of Calcium and Vitamins A, C & D	PURPOSE <ul style="list-style-type: none">Supports muscle rebuilding after training/competitionExcellent source of Vitamins A and D, and CalciumGood source of Vitamins C & E, and contains Electrolytes	PURPOSE <ul style="list-style-type: none">Helps rebuild muscles after intense physical activityHigher protein option for athletes with greater needs post-trainingGood source of 16 Vitamins and Minerals

BACKED BY SCIENCE

PROTEIN: Gatorade and MM products with varying protein amounts are designed to provide bodyweight specific options (0.25-0.3 g/kg) for 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.

