

THE PROTEIN PORTFOLIO

PROTEIN SOLUTIONS FOR ANY OCCASION



EVOLVE®
Plant-Based Protein

20 **17**
PROTEIN (G) CARBS (G)

4 **140**
SUGAR (G) CALORIES

11 fl oz serving size

PURPOSE

- ▶ Supports daily protein needs with plant-based protein
- ▶ Non-GMO Project Verified
- ▶ Good source of B12, Calcium, Iron & Zinc



GATORADE®
Recover

20 **48**
PROTEIN (G) CARBS (G)

20 **280**
SUGAR (G) CALORIES

11.16 fl oz serving size

PURPOSE

- ▶ Protein to support muscle recovery and carbohydrates to replenish glycogen
- ▶ Good source of Calcium



GATORADE®
Protein Bar

20 **42**
PROTEIN (G) CARBS (G)

26 **340**
SUGAR (G) CALORIES

1 bar serving size

PURPOSE

- ▶ Protein to support muscle recovery and carbohydrates to replenish glycogen
- ▶ Good source of Calcium



MUSCLE MILK®
Zero

20 **7**
PROTEIN (G) CARBS (G)

0 **100**
SUGAR (G) CALORIES

11 fl oz serving size

PURPOSE

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



MUSCLE MILK®
Genuine

25 **9**
PROTEIN (G) CARBS (G)

0 **160**
SUGAR (G) CALORIES

11 fl oz serving size

PURPOSE

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



MUSCLE MILK®
Plant

25 **8**
PROTEIN (G) CARBS (G)

4 **180**
SUGAR (G) CALORIES

11 fl oz serving size

PURPOSE

- ▶ Complete protein blend from plant protein and all 9 essential amino acids to help rebuild muscles after exercise
- ▶ Excellent source of Vitamin B12
- ▶ Good source of Iron



MUSCLE MILK®
Pro

32 **8**
PROTEIN (G) CARBS (G)

1 **170**
SUGAR (G) CALORIES

11 fl oz serving size

PURPOSE

- ▶ Helps rebuild muscles after intense physical activity
- ▶ Higher protein option for athletes with greater needs post-training
- ▶ Good 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.

