



## THE PROTEIN PORTFOLIO

# PROTEIN SOLUTIONS FOR ANY OCCASION



**EVOLVE®**  
Plant-Based Shake

**20** **16**  
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®**  
Protein Bar

**20** **41**  
PROTEIN (G)\* CARBS (G)\*

**29** **360**  
SUGAR (G)\* CALORIES\*

1 bar serving size

### PURPOSE

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



**GATORADE®**  
Protein Shake

**20** **47**  
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®**  
Nutrition Shake

**20** **54**  
PROTEIN (G)\* CARBS (G)\*

**34** **360**  
SUGAR (G)\* CALORIES\*

11 fl oz serving size

### PURPOSE

- ▶ Designed to help athletes meet daily calorie needs while delivering a blend of protein, carbs, and 15 vitamins and minerals
- ▶ Helps refuel and rebuild muscle, supporting ongoing recovery throughout the day



**MUSCLE MILK®**  
Zero Shake

**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®**  
Plant Shake

**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®**  
Genuine Shake

**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®**  
Pro Shake

**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.

\*May vary slightly by flavor.

