

THE PROTEIN PORTFOLIO

# PROTEIN SOLUTIONS FOR ANY OCCASION



**PROPEL®**  
Clear Protein

**20** 4  
PROTEIN (G)\* CARBS (G)\*

**0** 90  
SUGAR (G)\* CALORIES\*

1 pouch mixed with 12-14 fl oz water

**PURPOSE**

- ▶ 3-in-1 Support: Protein, Fiber, & Hydration
- ▶ 20g clear protein to help maintain muscle mass
- ▶ 3g fiber to help support digestive health
- ▶ Electrolytes to help support hydration
- ▶ No artificial flavors or sweeteners. No added colors
- ▶ Zero sugar, <100 calories
- ▶ Flavors: Peach Ginger, Apple Pear, Watermelon



**EVOLVE®**  
Plant-Based Shake

**20** 14-16  
PROTEIN (G)\* CARBS (G)\*

**4** 140-150  
SUGAR (G)\* CALORIES\*

11.16 fl oz serving size

**PURPOSE**

- ▶ Plant-based
- ▶ Supports daily protein needs
- ▶ 10g fiber
- ▶ No artificial flavors
- ▶ Good source of calcium, iron, and zinc
- ▶ Verified by the Non-GMO Project
- ▶ Flavors: Double Chocolate, Creamy Vanilla, Cafe Mocha



**GATORADE®**  
Protein Bar

**20** 39-42  
PROTEIN (G)\* CARBS (G)\*

**28** 340-360  
SUGAR (G)\* CALORIES\*

1 bar serving size

**PURPOSE**

- ▶ Delivers high-quality protein to help support muscle recovery
- ▶ Delivers carbohydrates to help replenish glycogen
- ▶ Flavors: Chocolate Chip, Chocolate Caramel, Cookies and Creme, Mint Chocolate Crunch, Peanut Butter Chocolate



**GATORADE®**  
Recover Protein Shake

**20** 46-47  
PROTEIN (G)\* CARBS (G)\*

**20** 280  
SUGAR (G)\* CALORIES\*

11.16 fl oz serving size

**PURPOSE**

- ▶ Delivers high-quality protein to help support muscle recovery
- ▶ Delivers carbohydrates to help replenish glycogen
- ▶ Flavors: Chocolate, Vanilla



**GATORADE®**  
Nutrition Shake

**20** 54-55  
PROTEIN (G)\* CARBS (G)\*

**34** 360-370  
SUGAR (G)\* CALORIES\*

11.16 fl oz serving size

**PURPOSE**

- ▶ Delivers high-quality protein and carbohydrates
- ▶ Contains essential vitamins and minerals
- ▶ Designed to help meet daily nutrition needs
- ▶ Flavors: Chocolate, Vanilla



**MUSCLE MILK®**  
Protein Shake

**26** 10-11  
PROTEIN (G)\* CARBS (G)\*

**3** 160  
SUGAR (G)\* CALORIES\*

11 fl oz serving size

**PURPOSE**

- ▶ Delivers 26g of high-quality, complete protein from ultra-filtered milk
- ▶ Helps support healthy muscles
- ▶ Contains fewer ingredients than the old formula
- ▶ No artificial flavors or sweeteners. No added colors
- ▶ Good source of Calcium and Vitamins A & D
- ▶ Flavors: Chocolate, Vanilla Crème, Cookies 'N Crème, Strawberries 'N Crème



**MUSCLE MILK®**  
Pro Protein Shake

**33** 11-12  
PROTEIN (G)\* CARBS (G)\*

**3** 190-200  
SUGAR (G)\* CALORIES\*

11 fl oz serving size

**PURPOSE**

- ▶ Delivers 33g of high-quality, complete protein from ultra-filtered milk
- ▶ Helps support healthy muscles
- ▶ Contains fewer ingredients than the old formula
- ▶ No artificial flavors or sweeteners. No added colors
- ▶ Good source of Calcium and Vitamins A & D
- ▶ Flavors: Chocolate, Vanilla Crème, Cookies 'N Crème, Strawberries 'N Crème



**MUSCLE MILK®**  
Pro Protein Shake

**42** 14-15  
PROTEIN (G)\* CARBS (G)\*

**4** 240-250  
SUGAR (G)\* CALORIES\*

14 fl oz serving size

**PURPOSE**

- ▶ Delivers 42g of high-quality, complete protein from ultra-filtered milk
- ▶ Helps support healthy muscles
- ▶ Contains fewer ingredients than the old formula
- ▶ No artificial flavors or sweeteners. No added colors
- ▶ Good source of Calcium and Vitamins A & D
- ▶ Flavors: Chocolate, Vanilla Crème, Cookies 'N Crème, Strawberries 'N Crème

**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.

