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*

11.16 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

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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.

BACKED BY GSSI
Gatorade Sports Science Institute