



# NUTRITIONAL RECOVERY

GIVE YOUR BODY BOTH PROTEIN AND CARBOHYDRATES WITHIN 30 MINUTES AFTER PROLONGED AND STRENUOUS EXERCISE.



After a tough game or practice, you leave a lot on the field. When the body works hard, muscles can become fatigued. Replacing muscle fuel after exercise is essential to an athlete's recovery. Research suggests an athlete refuel their muscles within 30 minutes of strenuous physical activity.

## REFUEL AND RESTORE

Research also suggests that low-fat chocolate milk, like Nesquik may help refuel and restore muscles because it contains what research suggests may be the ideal 3:1 ratio of carbohydrates to protein. The 3:1 ratio of carbs to protein helps repair any microtears that may occur to muscles during a workout.



**THE IDEAL RATIO** of carbohydrates-to-protein to help refuel and restore exhausted muscles within 30 minutes of activity.



Nesquik can also help restore energy that is lost to get you ready for your next game or practice.

In addition to repairing exhausted muscles, the body needs to replenish essential electrolytes such as:

- Potassium
- Sodium
- Magnesium
- Calcium

The loss of calcium after rigorous exercise is particularly important. Substantial calcium loss could lead to potential stress fractures.

NESQUIK contains the essential electrolytes and vitamins to replace what is lost in sweat. In addition to electrolytes, Nesquik contains Vitamins A & D with no artificial sweeteners or additives, making it the best choice for athletes to refuel with after strenuous exercise!

### SOURCES

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