

WHAT ARE ELECTROLYTES?

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**CHOCOLATE
MILK**

- Electrolytes are essential minerals that come in the form of sodium, calcium, chloride, potassium, phosphate, and magnesium.
- Electrolytes are important due to the key functions they have in the body such as the maintenance of fluid balance, and regulation of muscle contractions and neural (brain) activity.
- One way the body loses electrolytes is through sweat.
- What happens if you don't replenish those lost electrolytes?
 - Dehydration, fatigue, muscle cramping and spasms, headaches, dizziness, etc.

Benefits of Electrolytes

- Calcium and Vitamin D found in milk help build strong bones and may reduce the risk of stress fractures and muscle cramping
- Helps maintain fluid balance which helps regulate body temperature and heart rate
- Muscle contraction (which reduces muscle cramps)
- Promotes healthy brain activity (leading to a greater mind/muscle connection while training)



ELECTROLYTES & CHOCOLATE MILK

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Why is chocolate milk a great post-workout option?

1. It's a liquid. Liquids are an awesome way to refuel your body after exercising since they are digested and absorbed faster which can speed up the recovery process.
2. It meets the 3 R's of Recovery (Replenish, Repair, and Rehydrate)
 - Replenish energy (with carbohydrates)
 - Repair and build new muscle tissue (with protein)
 - Rehydrate (with fluids and electrolytes)
3. "Golden Ratio" of Carbohydrates (3:1 Carb-to-Protein Ratio) which has been shown to help refuel exhausted muscles*
 - The protein in chocolate milk is also a complete protein, meaning it provides all the essential amino acids the body can't produce itself
4. DYK: Chocolate milk is called Nature's Sports Drink? Along with Carbohydrates and protein, it contains several essential electrolytes that are lost during exercising (potassium, sodium, magnesium, and calcium)

*Source: builtwithchocolatemilk.com/science/workout-recovery

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United Dairy Industry of Michigan

