

MILK IS POWERFULLY DELICIOUS

IT'S
NATURALLY
PACKED
WITH
WHAT
YOU
NEED
AFTER A WORKOUT.

ENERGY

Natural lactose replaces energy and preps your body for your next workout.

PROTEIN

High-quality protein, calcium, vitamin D and phosphorus build and maintain bone and muscle.

HYDRATION

Fluid and electrolytes replace what you use during exercise.



WADAIRY.ORG