

choose **Milk** as a **Sports Drink**

An understanding of nutrition and how it affects sports performance is vital to get the most benefit from exercise. An athlete's diet can make a difference to the success of their training programme.

Optimal nutritional recovery maintains energy levels and limits tissue breakdown, especially during high training loads. Glycogen stores are optimally replenished within one or two hours after exercise has stopped. To ensure effective recovery, milk and flavoured milk can provide you with all the nutrients you need.

Milk Provides

CARBOHYDRATES

to boost energy, combat fatigue, fill up fuel stores and ensure hydration

POTASSIUM, SODIUM and MAGNESIUM

to replace electrolytes lost through sweating

FLUID

to prevent heat stress and exhaustion

PROTEIN

to help muscles recover

A rich supply of easily absorbed
CALCIUM to build and maintain strong bones

Milk and flavoured milk gives athletes

all the benefits
in a single product!



An initiative by the Consumer Education Project of Milk SA

For more information on the role of dairy in sport, please visit our web page at www.rediscoverdairy.co.za or email: info@rediscoverdairy.co.za