



THE PROTEIN PORTFOLIO

PROTEIN SOLUTIONS FOR ANY OCCASION

<p>EVOLVE® Plant-Based Shake</p>	<p>GATORADE® Protein Bar</p>	<p>GATORADE® Protein Shake</p>	<p>GATORADE® Nutrition Shake</p>	<p>MUSCLE MILK® Zero Shake</p>	<p>MUSCLE MILK® Plant Shake</p>	<p>MUSCLE MILK® Genuine Shake</p>	<p>MUSCLE MILK® Pro Shake</p>
<p>20 16 PROTEIN (G)* CARBS (G)*</p> <p>4 140 SUGAR (G)* CALORIES*</p> <p><i>11 fl oz serving size</i></p>	<p>20 41 PROTEIN (G)* CARBS (G)*</p> <p>29 360 SUGAR (G)* CALORIES*</p> <p><i>1 bar serving size</i></p>	<p>20 47 PROTEIN (G)* CARBS (G)*</p> <p>20 280 SUGAR (G)* CALORIES*</p> <p><i>11.16 fl oz serving size</i></p>	<p>20 54 PROTEIN (G)* CARBS (G)*</p> <p>34 360 SUGAR (G)* CALORIES*</p> <p><i>11 fl oz serving size</i></p>	<p>20 7 PROTEIN (G)* CARBS (G)*</p> <p>0 100 SUGAR (G)* CALORIES*</p> <p><i>11 fl oz serving size</i></p>	<p>25 8 PROTEIN (G)* CARBS (G)*</p> <p>4 180 SUGAR (G)* CALORIES*</p> <p><i>11 fl oz serving size</i></p>	<p>25 9 PROTEIN (G)* CARBS (G)*</p> <p>0 160 SUGAR (G)* CALORIES*</p> <p><i>11 fl oz serving size</i></p>	<p>32 8 PROTEIN (G)* CARBS (G)*</p> <p>1 170 SUGAR (G)* CALORIES*</p> <p><i>11 fl oz serving size</i></p>
<p>PURPOSE</p> <ul style="list-style-type: none"> Supports daily protein needs with plant-based protein Non-GMO Project Verified Good source of B12, Calcium, Iron & Zinc 	<p>PURPOSE</p> <ul style="list-style-type: none"> Protein to support muscle recovery and carbohydrates to replenish glycogen Good source of Calcium 	<p>PURPOSE</p> <ul style="list-style-type: none"> Protein to support muscle recovery and carbohydrates to replenish glycogen Good source of Calcium 	<p>PURPOSE</p> <ul style="list-style-type: none"> 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 	<p>PURPOSE</p> <ul style="list-style-type: none"> Supports daily protein needs Good source of Calcium and Vitamins A, C & D 	<p>PURPOSE</p> <ul style="list-style-type: none"> 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 	<p>PURPOSE</p> <ul style="list-style-type: none"> High-quality protein derived from milk to help rebuild muscle after exercise Good source of Calcium and Vitamins A, C & D 	<p>PURPOSE</p> <ul style="list-style-type: none"> 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.



Gatorade Sports Science Institute