

20G
PROTEIN

20G
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SHAKE WELL TWIST TO OPEN ▶

GATORADE
RECOVER®
PROTEIN
SHAKE



FORMULATED BASED ON
THE BEST SPORTS SCIENCE
RESEARCH AVAILABLE

20G OF HIGH QUALITY
PROTEIN, INCLUDING
CASEIN & WHEY

HELPS REBUILD MUSCLE

CARBS TO HELP REPLENISH
ENERGY STORES

FOR BEST RESULTS, SHAKE
WELL AND DRINK AS SOON
AS POSSIBLE AFTER
YOUR WORKOUT

ME 5¢ OR 10¢ CA CRV



280
CALORIES
PER BOTTLE

PROTEIN
SHAKE

CHOCOLATE ARTIFICIALLY FLAVORED

CASEIN & WHEY
PROTEIN SHAKE



11.16 FL OZ
(330 mL)

Nutrition Facts

Serving size 1 Bottle (330mL)

Amount per serving

Calories 280

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Total Carbohydrate 47g **17%**

Dietary Fiber 2g **7%**

Total Sugars 20g

Includes 19g Added Sugars **39%**

Protein 20g **40%**

Vitamin D 0mcg **0%**

Calcium 590mg **45%**

Iron 1.1mg **6%**

Potassium 660mg **10%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Water, maltodextrin, milk protein concentrate, sugar, dextrose, cocoa (processed with alkali), natural and artificial flavor, potassium phosphate, cellulose gel, salt, whey protein concentrate, cellulose gum, carrageenan, sucralose.

CONTAINS MILK INGREDIENTS.

smartlabel®



Scan here for more
food information or call
1-800-884-2867

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Comments? 1-800-884-2867 or visit gatorade.com
REFRIGERATE AFTER OPENING.