

**REPOWER NOW!****WHY HONEYMILK?****The Strength Athlete**

- Carbohydrate consumption after a strength training session causes increased insulin production, which leads to an increase in protein synthesis and muscle growth when amino acid building blocks are available
- Combo of whey and casein proteins means delivery of branched chain amino acids and other nutrients over a period of hours
- 5.9g BCAA's (4.5g Light)
- Whey protein improves sports performance because it reduces stress and lowers muscle-destroying cortisol levels

**The Runner**

- Balanced mix of carbs and protein reduces muscle soreness and fatigue when consumed immediately after a run
- Extended recovery
- Easy to drink, not chalky or thick
- Contains many nutrients that boost metabolism and support calorie management
- Lactose-free
- 26g protein in an 11.5 oz serving

**The Professional Athlete**

- Promotes recovery
- A functional food and not a questionable supplement
- Lactose-free
- Made from natural milk and honey
- 26 g of high quality protein per serving
- Protein and minerals equivalent to 3.5 glasses of milk
- Made from hormone-free milk
- Never powdered
- 800mg (80% daily value) highly absorbable calcium

**The Weekend Warrior**

- Maximize your workout benefits.  
Recover stronger, faster
- Simple, uncomplicated
- Healthy
- Can replace milk (over cereal, for example)
- Made from natural milk and honey
- Lactose-free
- Family-friendly

**Cross-Fit & Health Conscious**

- Made from natural milk and honey & never powdered
- High quality milk source in regards to bacteria and enzymatic levels. Milk standards used in AHM is five times higher than normal milk requirements
- From healthy cows that are fed a balanced diet of forages and grains. The healthiest cows yield the highest quality milk
- Made from hormone-free milk
- Made with fresh honey, which has a lower glycemic index than sucrose and high-fructose corn syrup
- Not over-stabilized or over-processed

**The Cyclist**

- Performance booster. Recover quicker and build muscular strength
- Extended recovery
- Balanced mix of carbs and protein reduces muscle soreness and fatigue when consumed immediately after a ride
- 240 calories for refueling after a ride
- 800mg (80% daily value) highly absorbable calcium to increase bone density

**The Dietician**

- High level of high quality protein
- Balanced 1:1 carb to protein ratio (1:2 for Light)
- Low glycemic index
- Lactose-free
- Protein and minerals equivalent to 3.5 glasses of milk
- 800mg (80% daily value) highly absorbable calcium
- Made from natural milk and honey
- Proteins from fresh milk, not high-heat powders that are then stored months to years
- Made from hormone-free milk

**Military Usage / Disaster Relief**

- Great tasting meal replacement
- Made in the USA
- No refrigeration necessary
- Protein and minerals equivalent to 3.5 glasses of milk
- Made from natural milk and honey
- 800mg (80% daily value) highly absorbable calcium

**ATHLETES**  
**Honey**  
**Milk**™  
 HIGH PROTEIN NUTRITIONAL DRINK