

REGULAR

Nutrition FactsServing Size 11.5 fl oz (340mL)
Servings Per Container 1

| Amount Per Serving | |
|-----------------------|------------|
| Calories 240 | Fat Cal 30 |
| %Daily Value* | |
| Total Fat 3.5g | 5% |
| Sat Fat 2g | 10% |
| Trans Fat 0g | |
| Sodium 120mg | 5% |
| Total Carb 26g | 9% |
| Protein 26g | 52% |

LIGHT

| Amount Per Serving | |
|-----------------------|------------|
| Calories 150 | Fat Cal 30 |
| %Daily Value* | |
| Total Fat 3.5g | 5% |
| Sat Fat 2g | 10% |
| Trans Fat 0g | |
| Sodium 120mg | 5% |
| Total Carb 11g | 4% |
| Protein 20g | 40% |

Potassium ranges from 330mg-750mg

DON'T LEAVE YOUR WORKOUT UNFINISHED

Promote and Extend Your Recovery.

HoneyMilk™ (AHM) is a delicious high-protein nutritional drink

- Loaded with high quality protein.
- Consumption of carbohydrates with protein optimizes muscle protein synthesis
- Honey is known for being extremely effective in not only boosting the performance and endurance of athletes, but in reducing muscle fatigue as well
- Lactose-free for easy digestability
- Made from real, fresh milk and honey
- Consume as a great tasting, healthy snack or meal replacement
- Athletes HoneyMilk™ is a great source of a number of important vitamins and minerals

ATHLETES
Honey Milk
HIGH PROTEIN NUTRITIONAL DRINK

REGULAR
26g
PROTEIN
240 CALORIES

LIGHT
20g
PROTEIN
150 CALORIES

REPOWER NOW!

| Each 11.5 oz serving contains: | Light AHM | Benefit |
|--|----------------------|---|
| 26 grams of high-quality milk proteins, consisting of 21 grams of casein proteins and 5 grams of whey proteins | 20g, 16g, 4g | Bigger, stronger muscles |
| 14 grams of essential amino acids | 11g | Muscle development and maintenance |
| 5 grams of branched chain amino acids | 4g | Recovery assistance |
| 3 grams of beta-lactoglobulin | 2.3g | Vitamin A absorption |
| 9 grams of alpha-S1 casein, 7 grams of beta casein, 3 grams of K-casein and 2 grams of alpha-S2 casein | 7g, 5.4g, 2.3g, 1.5g | Muscle development and calcium delivery |
| 3.5 grams of milk fat | 3.5g | Nutritional balance from vitamins A, D, E and K |
| 26 grams of different types of simple carbohydrates (12g glucose, 11g fructose and 3g galactose) | 11g (3g, 5g, 3g) | Energy and replenishment |