

# Why Jersey milk is a game-changer in sport!



## High in Protein

Did you know? 500ml of Jersey milk packs a solid **20g of high-quality protein!**

It's got both **whey** (the fast stuff) and **casein** (the slow-releasing powerhouse) to keep your muscles on point. Your muscles grow, recover and stay strong throughout the day.

## Recovery Mode: ON

Just crushed a workout or game? Jersey milk's got your back! It helps **reduce muscle soreness** and **speeds up recovery** so you're ready to crush it again.

Perfect for after training, sports, or anything that gets you moving!

## Complete Nutrition

Jersey milk isn't just about protein, it's the whole package! With **nine essential amino acids**, it's everything your body needs to **level up**.

Plus, it's packed with **calcium** to keep your bones and **muscles strong**.

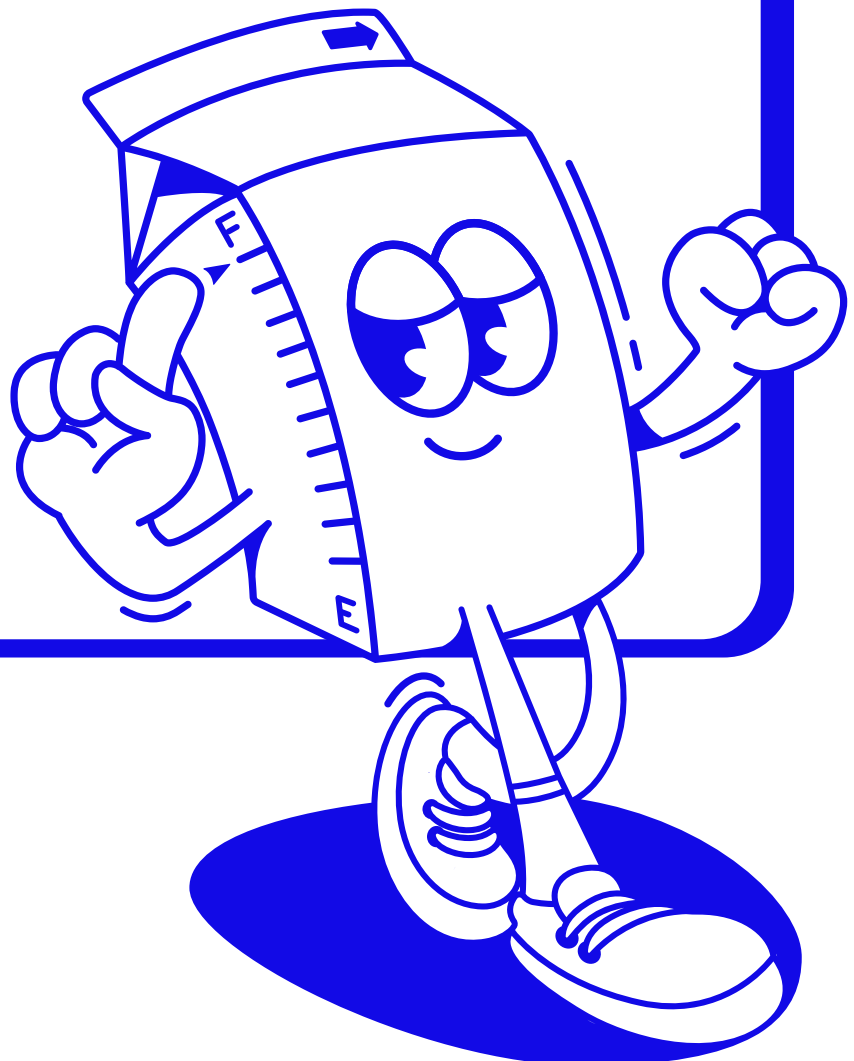
## Naturally Nutritious

No weird additives here! Jersey milk gives you all those **natural vitamins** and minerals, straight from the carton.

**Protein, hydration** and **nutrients**, all in one simple, delicious drink.

## Sustained Energy

Jersey milk helps you stay full longer and gives you **long-lasting energy**. Perfect **fuel to power** through your sports, training or a busy day.



**Fuelled  
by Milk**  
Milk your performance