



COMPLETE PROTEIN VS INCOMPLETE PROTEIN

Protein works best when your body gets the full set of 9 essential amino acids—plus good digestibility—so you can build, repair and maintain muscle efficiently. Want the most from your protein? Choose complete, highly digestible proteins.

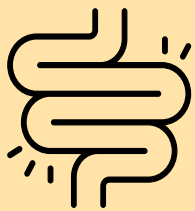
WHAT IS A COMPLETE PROTEIN?

Complete protein

All 9 essential amino acids necessary to build, repair and maintain muscle

Incomplete protein

Missing 1 or more essential amino acids; your body's building/repair process can be limited until you get the missing piece from other foods



DIGESTIBILITY MATTERS

It's not just what's in the protein—it's what your body can use.

Dairy protein (and other animal-based proteins) is highly digestible (>90%), meaning more of the protein is digested and absorbed. Other protein sources can be less digestible.

THINK OF AMINO ACIDS AS YOUR BODY'S 9-PIECE TOOLKIT



DAIRY FOR THE WIN!

Milk, yogurt and cheese are an easy "complete protein" for meals and snacks.



For more protein inspiration, visit RealCaliforniaMilk.com/Protein

Protein amounts are approximate. Check the Nutrition Facts label for exact values.

