



# GET THE MOST FROM YOUR PROTEIN SOURCE

Protein quality matters – it's how well a protein helps your body meet its needs for essential amino acids. Not all protein is created equal. Dairy protein is a complete protein and offers better quality, quantity and value compared to other sources.

*Look for these 3 things:*



## COMPLETE

All 9 essential amino acids  
(the ones your body can't make)

✓ Dairy Protein



## HIGHLY DIGESTIBLE

More of it is digested and  
absorbed, so your body can use it

✓ Dairy Protein (>90%)



## CONTAINS LEUCINE

Helps switch on muscle protein  
building/repair after you eat

✓ Dairy Protein

## *Easy, everyday options*

- Dairy foods are “gold standard” for supporting muscle, recovery, and sustained energy
- Claims are a strong indicator of quality. Look for “good source” or “excellent source” on product package.



For more protein inspiration, visit [RealCaliforniaMilk.com/Protein](https://RealCaliforniaMilk.com/Protein)

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

