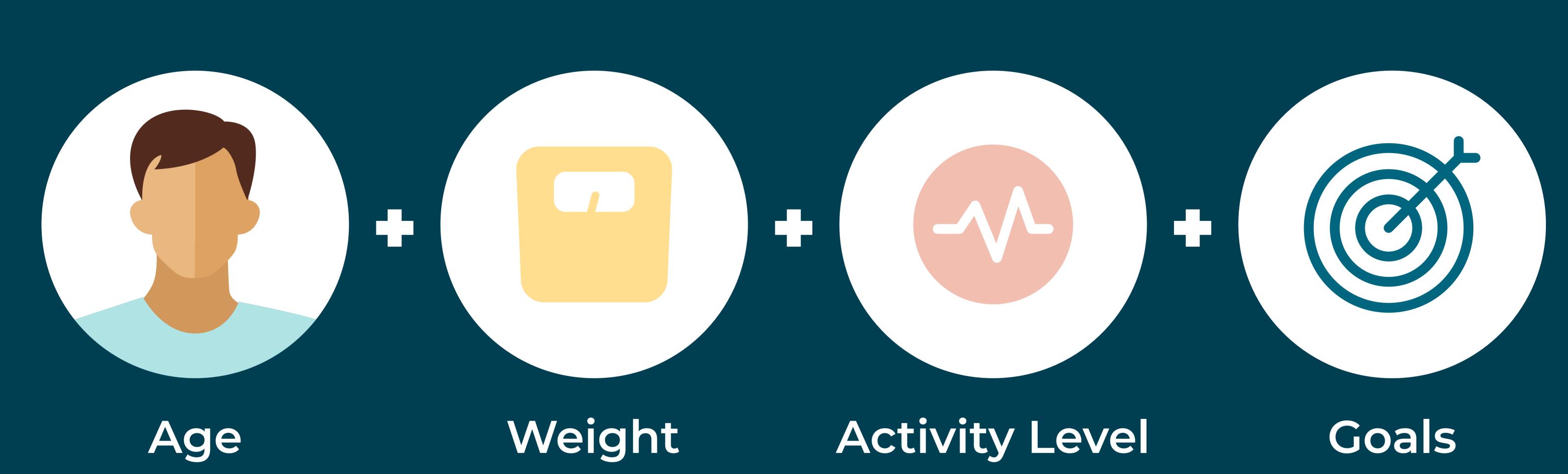


Everybody is different, but every body needs protein.

How much you need depends on your:



# Daily protein intake goals':

My weight (lbs.) > My goals ~		100	120	140	160	180	200	
	Healthy living	50- 64 g	60- 76 g	70- 89 g	80- 102 g	90- 115 g	100- 127 g	
	Weight management	64- 73 g	76- 87 g	89- 102 g	102- 116 g	114- 131 g	127- 145 g	
	Active lifestyle, moderate activity	64- 82 g	76- 98 g	89- 114 g	102- 131 g	114- 147 g	127- 163 g	
	High intensity sports, performance	82- 100 g	98- 120 g	114- 140 g	131- 160 g	147- 180 g	163- 200 g	

76-

95 g

Visit the calculator on The Strong Inside.com to find out how many grams of protein you need every day.

64-

79 g



114-

143 g

102-

127 g

127-

159 g

## the right type of protein? Look for the highest quality

How do I choose

Healthy aging,

strength

protein, like proteins from milk, whey, casein, to meet your goals

proteins are created equal!

Not all

90-

111 g

from milk: Higher

quality More

Proteins

- complete Less
- processed

### Watch out "lower quality protein = more calories" to reach same nutritional benefits.

How do I get 25 g of protein?<sup>2</sup>

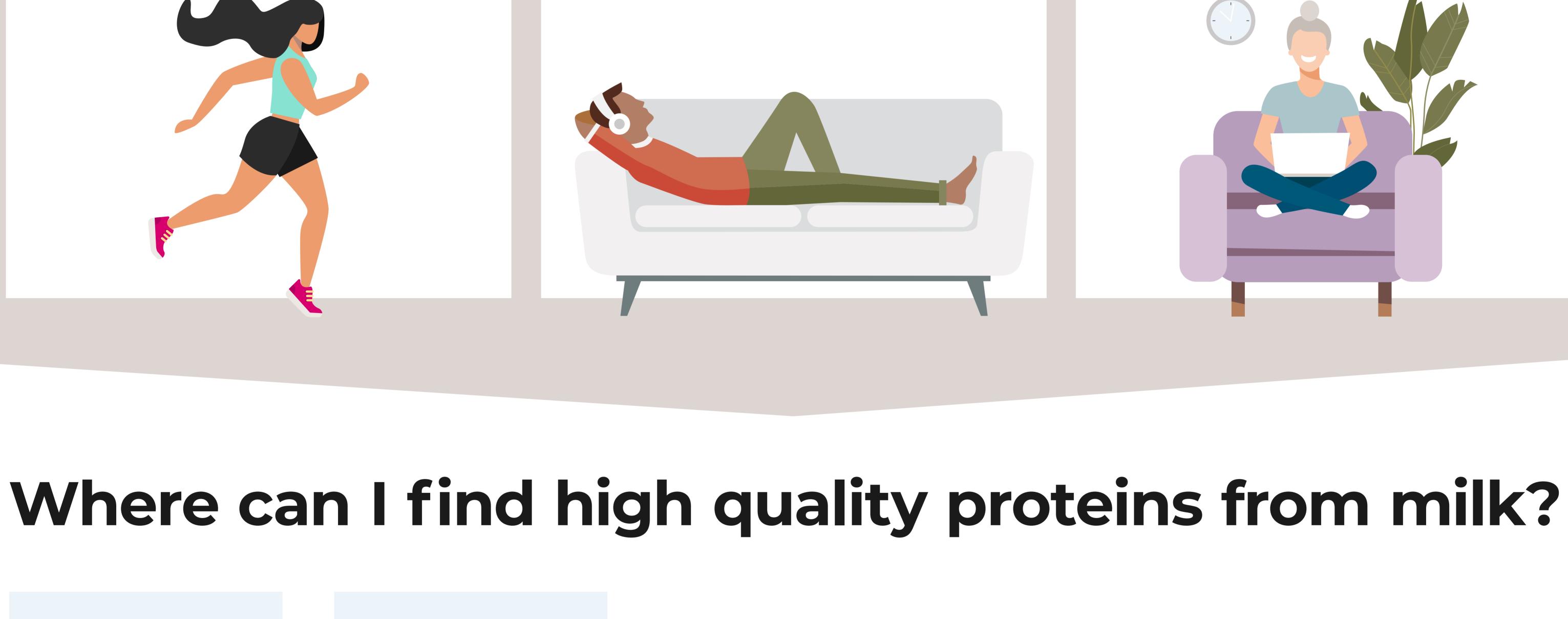


#### digested by the body. Proteins from milk are absorbed at different rates, so you have a variety of high-quality protein options to meet your goals.

**Casein and Caseinates** Milk Protein Concentrates Whey Protein **Concentrates and Isolates** and Isolates, Milk Products Slow release, replenish and maintain muscle Fast release, ideal for working Manage hunger, strength out and weight management

Proteins from milk are higher quality proteins because they contain all

nine essential amino acids your body needs and are more efficiently



PROTEINS

FROM MILK

STRONG

INSIDE

TM

