



SHAMROCK FARMS ROCKIN' REFUEL™
Product Fact Sheet

**Shamrock Farms
Rockin' Refuel™**

Recent scientific findings show that chocolate milk is the original protein drink ideal for post-exercise refueling. Shamrock Farms offers a real-milk, first-of-its-kind optimal sports recovery beverage – Rockin' Refuel protein-fortified chocolate milk.

The latest discovery in muscle recovery, Rockin' Refuel™ is packed with 20 grams of high quality protein to help refuel athletes and provides nine essential nutrients, including calcium, vitamin D and potassium. In fact, Rockin' Refuel™ contains a 2:1 carbohydrate to protein ratio – according to sports nutritionists, the optimal balance for rebuilding muscle after exercise.

**The Ultimate
Nutrient Mix for
Athletes**

Rockin' Refuel™ is specially formulated to maximize post-exercise muscle recovery – hydration, muscle repair and refueling - by way of its unique, balanced nutrient composition.

Per Serving:

- Carbohydrates: 45-48 grams
- Protein: 20 grams
- Calcium: 60% Daily Value
- Vitamin D: 40% Daily Value
- Low in fat: 4.5 grams
- 2:1 carbohydrate to protein ratio; the optimal balance for rebuilding muscle after exercise
- No Added Hormones: rBST Free

**Nutrition
Information**

With 20 grams of protein and naturally-occurring electrolytes, Rockin' Refuel™ is an excellent source of nine essential nutrients, including calcium, vitamin D and potassium.

It is formulated without the use of high-fructose corn syrup or artificial sweeteners.

Rockin' Refuel™ comes in on-the-go 12 oz. single-serve bottles in a variety of delicious flavors including:

- Low-fat Chocolate
- Low-fat Strawberry
- Low-fat Vanilla

Rockin' Refuel™ 11 oz. RTD is now available and requires no refrigeration.

- Same great taste and benefits as regular Rockin' Refuel™
- Lactose Free – easy to digest
- Simply chill before refueling

Where to Buy

New Shelf Stable Rockin Refuel™ is available online at RockinRefuel.com
Also, look for Rockin Refuel in the dairy or beverage case of leading grocery and convenience stores. SRP \$1.59

Chocolate

Nutrition Facts

Serving Size 1 Bottle (354 mL)
Servings Per Container 1

Amount Per Serving		Calories 300	
		Calories from Fat 40	
% Daily Value*			
Total Fat 4.5g	7%		
Saturated Fat 2.5g	13%		
Trans Fat 0g			
Cholesterol 30mg	9%		
Sodium 290mg	12%		
Potassium 790mg	22%		
Total Carbohydrate 48g	16%		
Dietary Fiber 1g	6%		
Sugars 44g			
Protein 20g	40%		

Vitamin A 15%	Vitamin C 8%
Calcium 60%	Iron 8%
Vitamin D 40%	Thiamin 15%
Riboflavin 45%	Phosphorous 45%
Magnesium 20%	

*Percent Daily Values are based on a 2,000 calorie diet.



INGREDIENTS: LOWFAT MILK, NONFAT MILK, FRUCTOSE, SUCROSE, WHEY PROTEIN CONCENTRATE*, COCOA (PROCESSED WITH ALKALI), CARRAGEENAN, SALT, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D3. *NOT FOUND IN REGULAR MILK

DIST. BY SHAMROCK FARMS DAIRY, A DIV. OF SHAMROCK FOODS CO., PHX, AZ 85009. PLANT 04-05.

REV. 00-2008

Vanilla

Nutrition Facts

Serving Size 1 Bottle (354 mL)
Servings Per Container 1

Amount Per Serving		Calories 280	
		Calories from Fat 35	
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 2.5g	12%		
Trans Fat 0g			
Cholesterol 30mg	10%		
Sodium 250mg	10%		
Potassium 890mg	26%		
Total Carbohydrate 45g	15%		
Dietary Fiber 0g	0%		
Sugars 42g			
Protein 20g	40%		

Vitamin A 15%	Vitamin C 8%
Calcium 60%	Iron 2%
Vitamin D 40%	Thiamin 15%
Riboflavin 45%	Phosphorous 45%
Magnesium 15%	

*Percent Daily Values are based on a 2,000 calorie diet.



INGREDIENTS: LOWFAT MILK, NONFAT MILK, FRUCTOSE, WHEY PROTEIN CONCENTRATE*, NATURAL & ARTIFICIAL FLAVOR, CARRAGEENAN, GUM GUM, DIPHOSPHATE, VITAMIN A & D. *NOT FOUND IN REGULAR MILK

DIST. BY SHAMROCK FARMS DAIRY, A DIV. OF SHAMROCK FOODS CO., PHX, AZ 85009. PLANT 04-05.

REV. 12-2008

Strawberry

Nutrition Facts

Serving Size 1 Bottle (354 mL)
Servings Per Container 1

Amount Per Serving		Calories 280	
		Calories from Fat 35	
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 2.5g	12%		
Trans Fat 0g			
Cholesterol 30mg	10%		
Sodium 250mg	10%		
Potassium 890mg	26%		
Total Carbohydrate 45g	15%		
Dietary Fiber 0g	0%		
Sugars 42g			
Protein 20g	40%		

Vitamin A 15%	Vitamin C 8%
Calcium 60%	Iron 2%
Vitamin D 40%	Thiamin 15%
Riboflavin 45%	Phosphorous 45%
Magnesium 15%	

*Percent Daily Values are based on a 2,000 calorie diet.



INGREDIENTS: LOWFAT MILK, NONFAT MILK, FRUCTOSE, WHEY PROTEIN CONCENTRATE*, NATURAL & ARTIFICIAL FLAVOR, CARRAGEENAN, GUM GUM, DIPHOSPHATE, RED #40, VITAMIN A & D. *NOT FOUND IN REGULAR MILK

DIST. BY SHAMROCK FARMS DAIRY, A DIV. OF SHAMROCK FOODS CO., PHX, AZ 85009. PLANT 04-05.

REV. 12-2008

11oz. RTD

Nutrition Facts

Serving Size 11 fl. oz. (325 mL)
Servings Per Container 1

Amount Per Serving		Calories 280	
		Calories from Fat 35	
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 2.5g	12%		
Trans Fat 0g			
Cholesterol 30mg	10%		
Sodium 260mg	11%		
Potassium 760mg	22%		
Total Carbohydrate 44g	19%		
Dietary Fiber 1g	4%		
Sugars 40g			
Protein 20g	40%		

Vitamin A 15%	Vitamin C 8%
Calcium 60%	Iron 8%
Vitamin D 35%	Thiamin 10%
Riboflavin 40%	Phosphorous 45%
Magnesium 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 200	2,500
Total Fat	Less than 65g	80g
Salt Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	Less than 2,500mg	2,500mg
Total Carbohydrate	200g	275g
Dietary Fiber	15g	50g
Protein	50g	65g

*Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

PRODUCT NO: 131159

INGREDIENTS: LOWFAT MILK, NONFAT MILK, FRUCTOSE, SUGAR, WHEY PROTEIN CONCENTRATE*, COCOA (PROCESSED WITH ALKALI), CARRAGEENAN, ARTIFICIAL FLAVOR, SALT, LACTASE ENZYME*, VITAMIN A PALMITATE AND VITAMIN D3.

* NOT FOUND IN REGULAR MILK