



Photo Credits: © Tyllie Barbosa Photography

GREAT TASTE!

The natural choice for:
Muscle Builder
Whey Protein
Instant Energy

ONEsource™ — BETTER MILK FOR BETTER BODIES

Made with REAL milk, nature's *superfood*

- + Made with 2% milk
- + Lactose-free
- + Certified Gluten-free
- + Certified Kosher



For further information on ONEsource™ products , visit our website
www.1sourcenutrition.com | info@1sourcenutrition.com | 386.454.8416



One 8-oz Carton Supplies

- 14g high-quality protein— fast-acting whey + slow-acting casein for maximum muscle growth
- More than 30% of the Daily Value (DV) for 16 vitamins and minerals
- 40% of the DV for calcium and vitamins D, A, and B₆
- 50% of the DV for vitamins C and riboflavin
- **NEW** Coffee flavor, made with *real coffee*— 67mg caffeine, about the amount in a 6-oz cup of coffee
- Needs *no* refrigeration until opened

ONEsource™— Better Milk for Better Bodies

The *right* choice when you want complete nutrition *and* double the muscle-building power of milk

- Energy to fuel heavy workouts^{5,6}
- Ideal macronutrient nutrient blend for optimal performance^{1,4}
- Carbs + protein for maximum muscle gain^{1,2,5}
- Full nutrient package to promote fast recovery^{2,5}

Why ONEsource™?

- **ONEsource™** is the superior choice to pump performance. Research¹⁻⁶ confirms milk's muscle building power and performance benefits.
- **ONEsource™**, made with naturally wholesome *real* milk, enhances nature's best with additional milk protein, vitamins, and minerals—creating a richly smooth milkshake, lightly sweetened with cane sugar
- **ONEsource™** is *real* milk and can replace liquid ingredients to boost the nutrition content of many favorite recipes.
- **ONEsource™** is a powerhouse of nutrition in a shelf-stable, ready-to-use beverage. No refrigeration required until opened.

Why not choose **ONEsource™**?
Better Milk for Better Bodies.

How is a milk product lactose-free?

During processing, a lactase enzyme added to **ONEsource™** breaks down the lactose to ease digestion.

What makes ONEsource™ complete nutrition?

- **ONEsource™** contains all three macronutrients, carbohydrate, protein, and fat, for a balanced source of energy.
- **ONEsource™** contains high-quality protein, a combination of whey and casein and all nine amino acids required for humans.
- **ONEsource™** contains the all the vitamins and minerals naturally found in milk plus it is enriched to supply *more than 30%* of the DV for 16 vitamins and minerals.

1. Ferguson-Stegall L, McCleave EL, Ding Z, Doerner PG 3rd, Wang B, Liao YH, Kammer L, Liu Y, Hwang J, Dessard BM, Ivy JL. Post-exercise carbohydrate-protein supplementation improves subsequent exercise performance and intracellular signaling for protein synthesis. *J Strength Cond Res.* 2011 May;25(5):1210-24.
2. Josse AR, Tang JE, Tarnopolsky MA, Phillips SM. Body Composition and Strength Changes in Women with Milk and Resistance Exercise. *Med Sci Sports Exerc.* 2009 Dec 9.
3. Karp JR, Johnston JD, Techlenburg S, Mickleborough TD, Fly AD, Stager JM. Chocolate milk as a post-exercise recovery aid. *Int J Sport Nutr Exerc Metab.* 2006 Feb;16(1):78-91.
4. Pritchett K, Bishop P, Pritchett R, Green M, Katika C. Acute effects of chocolate milk and a commercial recovery beverage on post-exercise recovery indices and endurance cycling performance. *Appl Physiol Nutr Metab.* 2009 Dec;34(6):1017-22.
5. Roy BD. Milk: the new sports drink? A Review. *J Int Soc Sports Nutr.* 2008 Oct 2;5:15.
6. Thomas K, Morris P, Stevenson E. Improved endurance capacity following chocolate milk consumption compared with 2 commercially available sport drinks. *Appl Physiol Nutr Metab.* 2009 Feb;34(1):78-82



Nutrition Facts

Serving Size (8 fl. oz.) 236 ml
Serving Per Container 1

Amount Per Serving	
Calories 230	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 110mg	5%
Potassium 350mg	10%
Total Carbohydrates 30g	10%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 14g	
Vitamin A 40%	Vitamin C 50%
Calcium 40%	Iron 8%
Vitamin D 40%	Vitamin E 50%
Thiamin 30%	Riboflavin 35%
Biotin 50%	Niacin 30%
Vitamin B6 40%	Folate 30%
Vitamin B12 30%	Selenium 30%
Pantothenic Acid 30%	Phosphorus 30%
Zinc 30%	Magnesium 10%

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

INGREDIENTS:
2% Milk, Water, Milk Protein Concentrate, Cane Sugar, Cocoa processed with Alkali, Natural and Artificial Flavors, Lactase Enzyme, Carageenan, Sodium Ascorbate, Vitamin E (Acetate), Tricalcium Phosphate, Niacinamide, D-Calcium Pantothenate, Pyridoxine HCL, Thiamin HCL, Vitamin A (Palmitate), Riboflavin, Folic Acid, D-Biotin, Vitamin D3, Vitamin B12, Zinc, Selenium

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Trans Fat 0g	
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Sodium 110mg	5%
Potassium 350mg	10%
Total Carbohydrates 30g	10%
Dietary Fiber 0g	0%
Sugars 24g	
Protein 14g	
Vitamin A 40%	Vitamin C 50%
Calcium 40%	Iron 0%
Vitamin D 40%	Vitamin E 30%
Thiamin 30%	Riboflavin 50%
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Vitamin B6 40%	Folate 30%
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Pantothenic Acid 30%	Phosphorus 30%
Zinc 30%	Magnesium 10%

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

INGREDIENTS:
2% Milk, Water, Milk Protein Concentrate, Cane Sugar, Natural and Artificial Flavors, Lactase Enzyme, Carageenan, Sodium Ascorbate, Vitamin E (Acetate), Tricalcium Phosphate, Niacinamide, D-Calcium Pantothenate, Pyridoxine HCL, Thiamin HCL, Vitamin A (Palmitate), Riboflavin, Folic Acid, D-Biotin, Vitamin D3, Vitamin B12, Zinc, Selenium

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