Aid Sports Recovery With Shaken Udder Milkshakes

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Whether you want to up your protein, boost your calcium or simply find a new kind of drink to refuel during or after exercise, then Shaken Udder is the answer.

Perfect for fitness fans looking to refuel or aid post-workout recovery, Shaken Udder milkshakes are 100% natural, low fat and low sugar shakes that can help you improve your health and your overall well-being.

Produced using only the freshest British milk and all-natural ingredients, each 330ml bottle is chocked full of calcium and Vitamin B12, which will also help boost your immunity while you get fit. It has also been proven that drinking milk (particularly chocolate milk) after a workout helps to replace lost fluids and increase vital protein levels which helps you recover more quickly after excerise and aids muscle and joint repair more effectively than drinking energy drinks or water.

Plus, with a low fat and low sugar content and made using semi-skimmed milk, Shaken Udder milkshakes will fill you up and provide a much-needed energy boost post-workout, but won't ruin your healthy eating plan.

Shaken Udder Milkshakes are available in three tasty flavours: Vanillalicious, Top Banana and Chocolush (RRP £1.49) and are available in Tesco, Sainsbury's and Waitrose stores.

For more press information, or to try Shaken Udder's milkshakes, please contact Nikki Whiteford at Nicola Whiteford PR on nikki@nicolawhitefordpr.com or call 07733 261843. To find out more about Shaken Udder please visitwww.shakenudder.com

[Note to Editors]

Shaken Udder launched in 2004 as a top-notch event based brand, bringing fresh, tasty and healthy milkshakes to festival goers across the country.

Shaken Udder Milkshakes come in two formats, its 330ml bottles in flavours Vanillalicious, Top Banana and Chocolush and its new kids cartons in Strawberry, Chocolate and Banana
Shaken Udder milkshakes are available from Tesco, Sainsbury's and Waitrose.
To find out more about Shaken Udder please visit www.shakenudder.com

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