



# DALLAS



10.06.13

Texas Triple Sport  
Sprint & International Triathlons

Register Now

## Xtri Reviews: Core Power

by Kevin Firth



Protein drinks and supplements have been something I have been around long before I began to focus on endurance sports. For years I followed up gym sessions with some form of protein powder. Most of the time, it was whatever I could get a good deal on while in college. Finally I gave up the poor tasting powders, as I could no longer stomach them, and used only chocolate milk as a recovery drink. While chocolate milk is always a solid choice, I found myself drinking too

much and taking in too many calories post workouts. I found myself looking for something better, and that "better" came in the mail last month in the form of Core Power.

Core Power, formerly Athletes Honey Milk, provides everything you could look for in a recovery drink. First, and most important, is the taste and consistency. Core Power has a great flavor and goes down smooth and easy, almost too fast. It is available in Chocolate, Vanilla, Honey, and Strawberry-Banana. The flavors are great - the only disappointment I felt in the flavors was that when they were gone, I wanted more - especially the Strawberry Banana.

Core Power comes in a regular version with 26 grams of protein (Chocolate, Vanilla, and Honey) and a light version featuring 20 grams of protein (Chocolate and Strawberry-Banana). On it's website, Core Power introduces itself as "a real milk protein drink made from fresh, lowfat, lactose-free milk and real honey. Its optimum protein to carb ratio and nutrient-rich profile make for the perfect last stage of every workout.... one great-tasting, lactose-free serving of Core Power provides athletes and fitness enthusiasts with 26 grams of high quality fresh milk proteins, consisting of 21 grams of casein proteins and 5 grams of whey proteins. The light versions still pack a heck of a punch, serving up 20 grams of the same high quality fresh milk proteins."

A huge bonus of Core Power, is how easily it blends. Drop some frozen fruit, with one bottle of a flavor of your choice and you are left with a smooth, protein packed, frosty treat. You don't have to worry about any foam or froth you may be left with when using milk. There really is nothing

negative about Core Power, it is everything you could want out of a [high protein recovery drink](#) and then some. If you are looking for the perfect post training drink, you should definitely give Core Power a shot, you will not be disappointed.

*For more information check out [CorePower.com](#). Core Power can be found on [Amazon](#) or [click here to find a retailer near you](#)...*