

Ms. Mani Misra, Scientific Regulatory Affairs & Nutrition at Mother Dairy.
Topic- Milk: The Recovery Nutrition

She discussed the role of milk in post-exercise recovery. She explained the concept of the “3 R’s” of recovery—Refuel, Rehydrate, and Repair—and highlighted milk as a natural recovery beverage due to its balanced composition of carbohydrates, proteins, fluids, and electrolytes.

She also emphasized that milk is a cost-effective and accessible alternative to commercial sports drinks.