

Know your Protein Supplements

A good protein supplement does so much more than just increase your daily protein intake. Research clearly shows that different types of protein affect the bodies recovery and growth from exercise, antioxidant capacity, hormonal regulatory responses and so, have the potential to affect health and body composition changes during exercise training. There are a couple of studies that have even shown that the type of protein consumed can influence results from exercise tremendously. So remember, good quality protein supplements aren't exclusive to figure competitors and bodybuilders. Actually, for most people, the right choices will actually improve health and speed results from exercise.

Whey (80%+ protein concentrates & isolates)

Generally contain a higher concentration of essential amino acids than other protein sources. But be sure to source pure whey proteins. Not ones that are coupled with fat burners or made into meal replacement shakes. A good whey supplement should have very low to no carbohydrates within the product. Whey protein also has rather unique, rapid absorption kinetics. Supplementation of whey results in a higher blood amino acid peak and stimulation of muscle protein synthesis compared to other dairy proteins. When utilized close to exercise whey protein isolate can maximize results from training, dramatically. Research shows significantly better improvements in strength and body composition when whey protein isolate is incorporated into the diet.

Note: Whey isolate is recommended over concentrate as it contains very low levels of lactose of approximately 350mg per 30g serve making it safe for all but the most sensitive individuals.

Recommendation: Bulk Nutrients WPI protein. It's high quality pure protein, budget friendly, and tastes great.

Plant Based Protein (pea/rice protein)

If you are dairy intolerant or vegan, plant based pea/rice protein is a great alternative, BUT you need to find one that is high quality and tastes great! Any plant based protein must, have a balanced essential amino profile, this is why a combination protein of pea and rice protein is great. While the both have similar amino profiles, the combination of the two provides the complete spectrum which is essential for muscle growth and recovery.

Recommendation: Bulk Nutrients, Earth Protein. It's non-gritty, complete amino profile, budget friendly, and tastes great.

Casein Protein

Casein-based protein supplements have a number of important benefits that help optimize results from exercise training. While whey protein is a fast absorbing protein great for pre/post training, casein protein is a slow release, meaning it's absorbed from the gut slower and provides a steady but low impact source on insulin and blood amino acid concentrations. These proteins provide a steady stream of key amino acids flowing to hungry muscles. Research shows, while whey proteins are excellent for pre & post-workout, protein blends like casein, minimize muscle protein breakdown, particularly in the hours after exercise. This is a great option to add to the last meal before bed to create a slow release protein over night.

Recommendation: Bulk Nutrients Micellar Casein.

Soy Protein (I don't recommend)

Some studies actually suggest a high intake of soy protein may actually promote the loss of your all valuable muscle protein. For this reason I don't recommend this form.