



ADD SOME **MUSCLE** TO YOUR DIET WITH WHEY PROTEIN!

Protein quality is determined:

- by the protein's amino acid composition
- by the body to digest and metabolize the protein

Whey protein is:

- a high-quality protein naturally found in milk
- one of the best natural sources of essential amino acids
- “essential” because the body cannot make it on its own

Essential amino acids found in whey protein include the branched-chain amino acids:

- Leucine
- Isoleucine
- Valine

These components of whey protein help to increase protein synthesis, and may result in the building of new muscle mass following resistance exercise. Research shows that consuming whey protein + resistance exercise can boost the rate of making lean muscle.

HOW MUCH WHEY PROTEIN IS NEEDED TO STIMULATE PROTEIN SYNTHESIS?

Research shows that consuming at least 20g of whey protein following resistance exercise can result in an increase in muscle protein synthesis in healthy adults.

HOW CAN PEOPLE ADD WHEY PROTEIN?

It's found naturally in real milk and yogurt. Check the labels in these common other sources too:

- Drinks
- Energy bars
- Powder mixes

Content courtesy of National Dairy Council



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