

The Why's Of Whey!

Whey protein has become a popular supplement, as people are finding out more about the positive benefits of utilizing whey for post workout recovery. Whey protein usually comes in two types; Whey protein concentrate and whey protein isolate. Whey protein concentrate consists of 25-80% protein, 4-8% lactose, and 1-7% fat. Whey protein isolate can contain between 90-95% protein, with limited lactose and fat. Isolate utilizes cross flow micro-filtration to remove impurities, which can yield 8% more denatured protein. Most health food stores sell Whey concentrate.

Whey is a rich source of branched-chain amino acids; leucine, isoleucine, and valine, which are the main amino acids that are synthesized in the muscles and not through the Krebs cycle, as are the other essential amino acids. Branched-chain amino acids (BCAA's) are helpful in maintaining and repairing lean muscle tissue following workouts, while preventing muscle breakdown. BCAA's also help to prevent fatigue during intense and endurance workouts. Leucine helps to stimulate protein synthesis and maintain a positive nitrogen balance to enhance muscle repair and recovery.

It has been studied that consumption of 20 grams of whey protein works well following post workout. Here are some suggestions for the ratios:

- Following a power or weight lifting session, a 2:1 ratio of carbs to protein.
- After endurance exercise, a 4:1 carbs to protein ratio. The best time for consumption is within 30 minutes following exercise for optimum absorption.

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