

PERFECT TIMING

The effects of supplement timing on muscle size and strength



Original Research
Cribb, P.J., and A. Hayes. Effects of supplement timing and resistance exercise on skeletal muscle hypertrophy. *Medicine and Science in Sports and Exercise* 38:1918-1925, 2006.

SO HOW IMPORTANT IS IT FOR YOUR MUSCLES TO GET NUTRIENTS RIGHT AFTER TRAINING? AND WHAT TYPE AND IN WHAT COMBINATION?

After training you will often see people chugging down protein and carbohydrate drinks. The belief is that, if you get the protein and carbohydrate to your muscles as soon as possible after a workout, you will get a jump start on muscle growth. In fact, many athletes and coaches have talked about a one- to two-hour “window of opportunity” after training, which is supposed to be the best time for your muscles to get the nutrients they need. If you do not get some type of protein and carbohydrate within this window, your results may not be as good, they claim. However, no one has investigated this claim closely...until now. Recently, researchers from Victoria University in Australia looked at the effects of supplement timing on muscle growth, strength, and body composition, publishing their results in *Medicine and Science in Sports and Exercise*.

Power Key: creatine, whey, protein, carbohydrate, muscle size, strength