

# PROTEIN GROWTH

Total protein is the answer for athletic success, not protein supplements



## Original Research

Lacroix, M., et al. Compared with casein or total milk protein, digestion of milk soluble proteins is too rapid to sustain the anabolic postprandial amino acid requirement. *American Journal of Clinical Nutrition* 84:1070-1079, 2006.

WORLD STRONGEST MAN WINNER PHIL PHISTER KNOWS THAT FOR WALKING THE YOKE AND FOR TOTAL STRENGTH, POWER, AND SIZE, YOU NEED TOTAL PROTEIN.

As a strength and power athlete, you have to look at proper nutrition in order to translate your training into huge gains. And probably one of the most important growth variables to consider is protein. There is probably no athlete or coach on the face of the earth who does not realize the important role protein plays in allowing the body to grow in strength, size, and power. Certainly, there is a great deal of research to support that notion. Research has also examined different kinds of proteins and their effects. Supplement companies have jumped on that research in an effort to convince you that *their* protein is better than the "other" protein. But as is usually the case, the research is misrepresented. This new study from the *American Journal of Clinical Nutrition* illustrates that if you focus on one type of protein - you lose.

**Power Key:** Milk proteins, anabolic, amino acids, protein metabolism