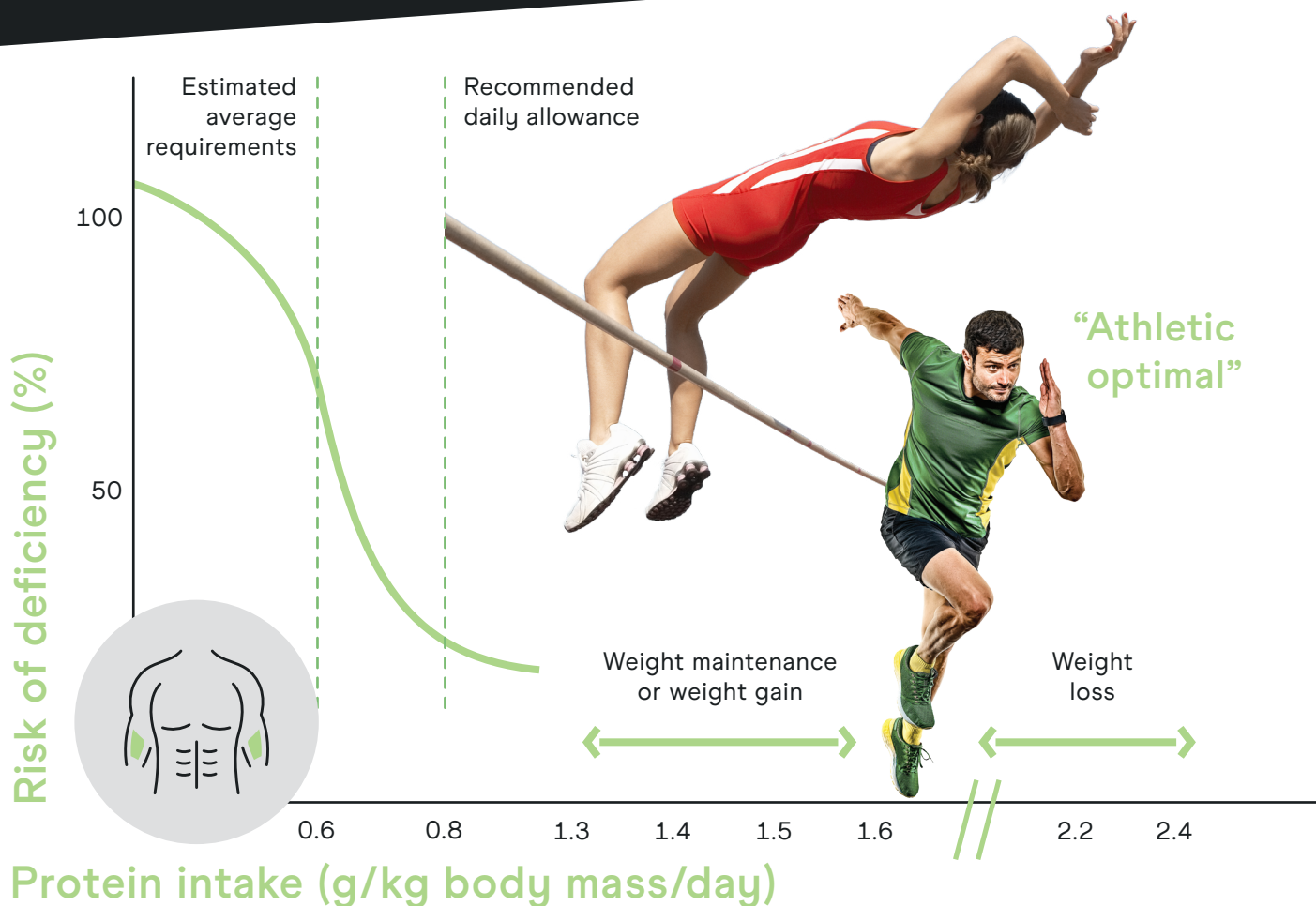


# DIETARY PROTEIN FOR TRAINING ADAPTION AND BODY COMPOSITION



- 1 Consume ~0.4-0.5 g/kg body mass per serving/meal for maximal stimulation of muscle protein synthesis when real food is ingested (vs ~0.3-0.4 g/kg body mass for isolated proteins)
- 2 Select leucine-rich rapidly digested protein sources, such as whey protein, to elicit a greater stimulation of muscle protein synthesis during training recovery.
- 3 Distribute your daily protein intake in 4-5 equally spaced servings throughout the day and include a slow-releasing, protein-rich, snack at bedtime