



YOUR KINDLE NOTES FOR:

The Anabolic Edge to Superior Muscle Mass

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Another measure of quality protein is "The Protein Efficiency Ratio" which whey protein scores near the top of all proteins at 3.2 just below that of Egg protein which scored 3.9. This highest this score is the better the protein quality is.

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my opinion, i don't think it's worth the extra bucks to use the whey isolates. Using the whey concentrates blended together with the whey isolates delivered just as good results in muscle gains. The only advantage I see is that the isolates will probably provide a better immune enhancing effect because it's a purer protein source and will have a higher milligrams of protein per serving. They both enter the blood stream just as fast and basically used for same reason, except the isolates cost more money. So the choice is up to you? And in addition to the higher cost, the whey isolates do taste a little better and mix easier than do the concentrates.

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is able to create a gel in the stomach once consumed and digested allowing for its slow absorption rate releasing amino acids slowing into the blood stream for several hours, thus helping to keep your body in a positive nitrogen state. Using a protein powder like casein will lead to an increase in muscle mass, but the moment when you take makes the big difference. Casein is the most abundant form of protein from cow's milk, accounting for 80% of its protein content. There are three varieties of casein protein and since the quality from one type to the other, it is also a good idea to know which one to focus on to get the best results. The

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that is also ideal to be taken at bedtime its neutral, clean, and easy mixing protein that's high in protein low in fat and carbohydrates. Milk protein is nutritious and contains high levels of calcium and high levels of other vitamins and minerals.

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Choosing the right protein supplement is critical for all bodybuilders and weightlifters in determining a high biologically active protein source, in preventing catabolic conditions because of its superior absorption and retention rate. Below you will find the biological value for each protein source listed - Biological Value For Protein Sources;

Protein-----	Biological Value	Beef-----	80(BV)
Casein-----	77	Egg-----	100
Milk-----	91	Whey Protein-----	104
Soy Protein -----	74	Net Protein Utilization	This method is for

determining protein quality which is based on total protein ingested and retained. The higher the number the better the utilization of protein synthesis. Protein_____Net Protein Utilization

Beef-----	80	Casein-----	77
Egg-----	100	Milk-----	91
Whey Protein-----	104	Soy Protein-----	74

Protein Digestibility Corrected Amino Acid Score This measures the score of amino acids and quality of protein based on the profile of essential and non-essential amino acids. This is presently the most used method for evaluating the quality of a protein source.

Protein_____PDCAAS	Beef-----	0.92	Casein-----	1.00	Eggs
-----	1.00	Milk-----	1.00	Whey Protein--	1.00
Soy Protein----	1.00				

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Creatine supports the resynthesis of ATP Adenosine triphosphate during anaerobic exercise, which is a major force of energy within the human body. It is the cell hydration that accounts for the muscle cells pulling in water from the body causing an increase of body weight of 2-5 pounds within the first week of initial creatine supplementation.

Creatine also tends to produce significant muscle cell hypertrophy and supports the increased expression of IGF-1 in the muscles. The saturation point for creatine is typically between 10-40% above normal levels. Once reaching this saturation point there is no need to consume higher amounts of creatine. The extra amounts will simply be excreted into the urine. It is recommended when starting off on a creatine cycle to completely saturate your cells with an ample amount of 20grams of creatine the first week of use. After this dose you can resume a lower dose to keep muscle cells saturated. A maintenance dose of 3-5 grams per day is all that's needed till the end of your cycle.

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Myo-T12 – (Myostatin Inhibitor) Considered the world's first myostatin inhibitor, myostatin is a protein produced in the body naturally that restricts our muscle growth. It increases as we age and eventually over takes your natural levels of growth hormone and makes it harder for you build muscle tissue. Most bodybuilders know that muscle growth is limited basically by human genetics, hence the myostatin gene, and among bodybuilders it's considered the holy grail of muscle development. Researchers and scientists today have been searching for various substances in order to stop certain muscle wasting disorders like HIV, AIDS, MS, and ALS. There are also certain animals that lack the myostatin gene, like the blue Belghem cattle, Clydesdale horses, and every once in a while a human. Myo-T12 has been shown to reduce myostatin levels by 46% and is the only clinically validated myostatin inhibitor ever created. Myo-T12 can be bought online, I would see amazon.com.

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It is also the only all natural supplement known to man that is steroid free, safe and increases muscle mass in men with no side effects. The most potent effect IGF-1 has on the body is to cause muscle hyperplasia, which is the splitting of muscle cells. Hyperplasia is the considered the holy grail of performance enhancing benefits that occurs when muscle fibers split and create new muscle fibers of growth.

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Lifestyle factors that help release your natural levels of IgF-1 are a low fat low sugar diet; brief but high intensity exercises contribute to the effects of highly bioavailability of IgF-1; and another factor is sound sleep, resting appropriately. Foods and supplements that increase natural levels of IgF-1 are; whey protein supplementation during a strength and conditioning program significantly increase IgF-1 concentrations ; creating 5 grams per servings per day and low fat milk.

Note:
