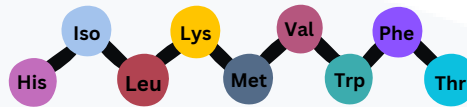


# Benefits of Whey Protein

Whey is a high quality animal-based protein that is produced from milk. It is one of the most popular types of protein powder, especially among athletes and bodybuilders.

## Complete protein

This means it contains **all nine essential amino acids**, which are those that your body cannot make and you must get through your food and nutrition. Amino acids are the building blocks of all proteins.



## High in branched-chain amino acids (BCAAs)

BCAAs are the three essential amino acids known as leucine, valine, and isoleucine. They are critical to the formation of muscle mass, along with the other amino acids lysine, arginine, and methionine.

Whey has the **highest amounts of essential amino acids** (EAA's) particularly leucine when compared to other protein supplements.



## Mild flavour and smooth texture

Whey protein powder has a **very subtle taste** naturally, but even unflavoured whey generally doesn't taste bad or feel gritty when you blend it into your smoothie or mix it with water in your shaker bottle.



## Ideal macronutrient profile and nutritional value

Numbers will vary based on the brand and any additives or other ingredients (such as sugar or stevia). For example, one 24-gram scoop of Nature Plasma I0 Whey strawberry contains 108 calories, 3.5 grams of carbohydrates, 19 grams of protein, and 2 grams of fat.

## Gluten-free

Dairy products are naturally **gluten-free and grain-free**, so all whey falls under gluten-free.

### High digestibility

Although current measures of protein digestibility are flawed, whey protein still boasts a relatively **high digestibility**, with a Protein Digestibility Corrected Amino Acid Score (PDCAAS) score of 0.99-1.00, meaning that it maxes out this scale of measurement and is very easily digested post exercise.



### Easy to find

Most health food stores and supplement stores carry numerous whey protein options. It's one of the **most common types of protein powders** available on the market.



### Research supports its efficacy

Whey protein is **clinically shown** to help strength and muscle gain when paired with the proper training over those not taking a protein supplement. It is also shown to be the most efficient protein supplement for **promoting muscle protein-synthesis**.