

The Supplement Store

Chanctonbury Sports And Leisure



Supplement Guide
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Protein

What are the benefits of protein shakes?

Safe for people who are healthy, protein shakes are used mainly by individuals who, when training well; would benefit from extra nourishment right after their workouts. 'Most people can't make a meal immediately post-workout', 'So these ready-to-drink shakes are really your best alternative'.

According to the ISSN (International Society Of Sports Nutrition), protein shakes are a safe way to ensure enough protein, when used as part of a balanced, nutrient-rich diet.

The benefits include:

- When training for endurance, an athlete may find it easier to train with the help of protein shakes. That's because they help the body recover from intense exercise. Protein shakes do this mainly by restoring muscle glycogen, a fuel source for exercise, which gets used up during workouts.
- For those with strength in mind, protein shakes can also help repair damage to muscles that can occur with serious bodybuilding. As well as this they will provide the body with the nutrients required to build muscle during resting periods after workouts.
- The general fitness enthusiast who works out hard but doesn't want to be a marathon runner or bodybuilder may also benefit, says Antonio. This is the kind of person who might run twice a week and lift weights twice a week.

Some research shows other benefits as well. For example, a study of 130 U.S. Marines looked at intense exercisers who supplemented their diet with 10 g of protein, 8 g of carbohydrates, and 3 g of fat. They had fewer infections, less heat exhaustion, and less muscle soreness.



What are protein shakes?

Protein is one of the body's main building blocks for muscle, bone, skin, and other tissues. Used often by individuals whilst training, protein shakes come in many combinations of protein, carbohydrates, and fats. They can range from 100% protein to mostly carbohydrates with a little added protein and fat. Protein shakes come in a variety of flavours in powder form sold either in tubs or in individual sachets.



100% Whey Protein

Whey is one of the two ingredients that can be derived from milk (casein is the other). This is the most popular protein on the market today. Rich in protein it helps repair and grow muscles after workouts. It can also help to reduce aching and soreness, also if this protein source can help regenerate muscle quicker it makes training more often possible. Also with a healthy balance of all the Macro-nutrients (Protein, Carbohydrate and fat) it can be used as a meal replacement or even as an appetite suppressant. Of course this is not a permanent solution and must be used in controlled quantities like all supplements.

We are now selling individual sachets of 100% Whey Proteins for just £1.00 each!!

These single servings are a perfect way to enhance your workout. Take one within the “golden hour” after your workout to provide your body with all the protein it needs to recover.

Anabolic Whey

Since protein forms the building blocks of muscle, and resistance training (weight lifting) causes micro-tears in the muscle fibers, additional protein consumption bolsters the tissue repair. Anabolic protein is purported to increase this effect, much more so than the standard whey protein.

Anabolic protein contains additional proteins derived from milk and egg whites. It is believed that the combination of these dietary proteins have stronger lean muscle gaining abilities than amino acid supplements, a favorite among muscle builders.

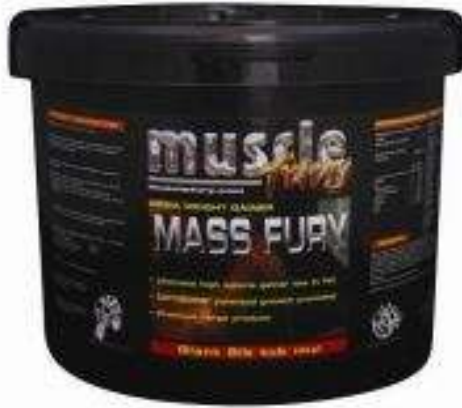


Myomax Professional

An all in one formula, Myomax boasts an impressive 40grams of protein per serving as well as various other workout enhancing ingredients. In this protein Scitec have included their own Creatine Matrix (See Creatine) as well as various Glutamines which is an Amino Acid that your body uses for energy during exercise. Also in the formula you will find other essential Amino acids that when supplemented can improve your workout performance.



Mass Fury



**High quality.
High calorie weight gainer.**

Build lean muscle with this high protein supplement. Mass Fury should be used as a long term muscle gainer. It greatly improves the absorption of nutrients from food ingested.

A quality supply of protein and complex carbohydrates, don't compromise.

To increase your calorific and protein intake mix this product with semi skimmed milk or skimmed milk for added calcium and protein. However this product can also be mixed with water and still tastes great!

Sizes Regular- 4082 grams. 41 Servings £39.99

Each serving contains 42 grams of Whey Protein