



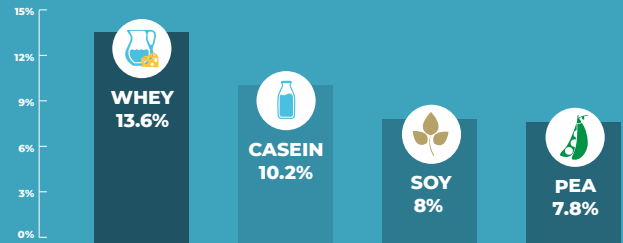
Proteins from milk are a good choice because they have been shown to:

- Keep you strong and feeling full^{4,5,6,7}
- Aid in weight loss^{8,9}
- Improve muscle tone and composition^{10,11,12,13}
- Enhance your workout and recovery^{14,15,16}



Leucine:
the amino acid that supports muscle growth¹⁷

% of leucine in protein sources:¹⁸



If you're trying to lose weight, you may require more protein than the recommended amount of 25 to 35g per meal.¹⁹

Compared to plant proteins, proteins from milk are:

BASED ON DIAAS =
Digestible Indispensable Amino Acid Score –

An evaluation method of food's protein absorption and utilization in the human body.²⁰



More complete



Higher quality²¹

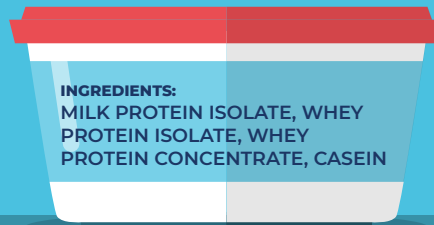


Less processed²²

How to find proteins from milk



LOOK FOR:
Whey, casein or milk protein concentrates and isolates in ingredient lists



PROTEINS FROM MILK
THE STRONG INSIDE

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THESTRONGINSIDE.COM

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