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Proteins are a vital nutrient for body growth. These are the main structural parts of the body cells. We need proteins for both growth and repair. After the quantity of water it is proteins that are most abundant in your body. When food containing proteins are consumed, the body breaks it down into amino acids. There are about 20 amino acids that are strung together in different configurations thereby producing different proteins. Most of the parts of your body such as hair and skin, blood and organs as well as muscles are all made from proteins. Since your body cannot store proteins in the way it stores fats or carbohydrates it is imperative to consume enough proteins daily. For a sportsperson the consumption of adequate proteins is absolutely mandatory. Protein powders represent one of the important forms of protein supplements.

The effectiveness of proteins is measured by the Biological Value or BV. It has been calculated that while the eggs have the base value of 100 BV, whey protein powder has a BV of 104. This is the main reason for the popularity of this form of protein in the sports world. Your body needs excellent protein supplements in order to cope up with the rigors of extreme sports or workouts in the gym. Therefore, strength athletes and sports persons and bodybuilders or weightlifters all need great quantities of proteins in the form of whey among others.

There are some top class companies that offer the highest value for money Protein powders. These powders will be needed right from the start of oneâ€™s exercise regime. The protein powders are in different forms such as soy protein and 100% whey, casein protein and hydrolyzed protein. These companies market all variants. Cytosport Muscle Milk Collegiate in 5.29 lb is a balanced and complete formula that supports post training recovery for added growth of muscles. One can also go for Dymatize Elite Whey Protein Isolate in 5 lb packs each serving of which is packed with 24 gm of whey protein and more than 4 gm of glutamine and glutamine peptides as well as more than 5 gm of BCAA.

Optimum Nutrition has introduced 100% Whey Gold Standard protein powder in 10 lb packs that is packed with whey protein isolates and has the higher pure protein percentage. These packs have fast-acting Hydrowhey Whey Peptides and more than 5 gm of BCAA and in excess of 4 gm of Glutamine and Precursors. You can also try the Six Star Pro Professional Strength whey protein powder plus in packs of 2 lb. While regular whey protein is good, specialists are of the opinion that Professional Strength Whey Protein Plus is superior to even whey protein.

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