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The requirement of the human body is complex. The body needs carbohydrates for energy and protein for growth and muscle. The carbohydrates are the easiest source for extraction and utilization while the proteins are the main structural components of oneâ€™s bodyâ€™s cells. The body al needs fat in sufficient quantities since these are storehouses of energy and important for nerve tissues as well as cell membranes. Next to water, protein forms the largest constituent of the body. Protein is made of amino acids and most of the parts of oneâ€™s body consist of protein such as hair and skin, blood and organs besides muscles.

Protein replaces the cells and tissues and is the vital component for cells to grow. It stands to reason therefore that if you are a bodybuilder or a weightlifter or a person that needs great strength in his/her muscles, the normal proteins that one gets from food will be inadequate to meet the bodyâ€™s demands. Protein supplements are required in the right measure and the right time.

Your body does not store protein in the manner it stores fats and carbohydrates. Itâ€™s therefore imperative that you consume enough protein regularly. This is the reason why those who exert more in a short span of time will need Protein Supplements. The proper amount of protein not only assists in the building of body tissues but also in the creation of antibodies and enzymes that are essential for the bodyâ€™s overall health.

The body needs 20 amino acids but only 11 of these can be produced by it. The other 9 amino acids are extracted through proper diet. Animal proteins are complete proteins whereas plant sources such as nuts and seeds supply incomplete proteins. A mix of these in the meal will ensure that the body gets all the essential amino acids. The best way is to consume protein supplements such as protein powders, protein bars and gels and protein shakes. Protein powders such as CytoSport muscle milk collegiate, Dymatize elite whey protein isolate and the whey hydrolysate enhanced are all very effective.

Protein shakes and protein bars are two great sources of protein for those that are competing in sports or athletic events of a high order. One of the examples of Protein Shakes is the ABB Pure Pro 50 that is available in a pack of 12 bottles. Each of these bottles contains 50 gm of milk and whey protein. It is low in both fat and sugar. It contains the essential amino acids and BCAAs. The product is diet friendly and helps in muscle recovery.

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This article is contributed by a professional article writer and has been efficient in providing useful information about a 100% Whey Gold Standard, a TRX For more information you can visit: http://fitlion.com

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