Article published on March 14th 2012 | Supplements

Protein is the ultimate building block of the body. The body requires protein for every aspect of the bodyâ€™s functions. It is needed for the growth of the body and its repair. You require proteins just as much as you need water. Built up of amino acids you require protein for the growth of hair and the skin. Your organs need protein as much as do your blood, muscles, cells and tissues. So, for bodybuilders and sportspersons protein is absolutely essential. Adequate protein will be required by them before, during and after a workout and even as a snack or a meal substitute or a drink. Since food cannot give you so much of protein you will need the best kind of protein in powder or in other forms.

Protein cannot be stored by your body like it stores carbohydrates or fat. That is all the more reason why you need a source of pure protein for instant backup or refill. The Best Protein Powder must have all the amino acids necessary and also have a very high Biological Value or BV. Egg protein is the benchmark with a relative BV of 100 though in percentage terms its BV is 93.7%. Going with this benchmark whey protein has a BV more than 100.

There are several kinds of effective protein that are available in powder and other forms such as the Six Star Pro Professional Strength Whey Protein Plus, available in 2 lb packs and BSN Lean Dessert Protein Shake in 1.39 lb. There is also a Six Star Pro Professional Strength Casein Protein, Triple Chocolate that comes in 1.5 lb packs and the Six Star Pro Professional Strength Whey Isolate that is sold in 1.5 lb packs. There are several types of protein in powder form but the best protein powder is one that has 100% whey in one form or the other.

Optimum Nutrition (ON) has some 100% Whey products that are excellent for the use of top class sportspersons. Some of these are the Gold Standard in 2 lb packs and the 100% Natural Oats and Whey in 3 lb packs. There is an Any Whey Protein pack that can give you 60 servings and the 5 lb pack of Gold Standard with which you can get a 1 ON Wholly Oats Bar for free.

The ON 100% Whey Gold Standard 5 lb packs have the faster-acting Hydrowhey Whey Peptides that are specially formulated for sports enthusiasts. Each serving has 24 gm of pure muscle-building protein, lot less fat or cholesterol and lactose, more than 5 gm of BCAA and in excess of 4 gm of Glutamine and precursors.

Article Source:
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Article Keywords:
Best Protein Powder,100% Whey

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