

## Protein shakes

Among the numerous protein shakes, whey protein is one of the most important protein powders. As you browse through the various types you will come across whey protein isolates and hydrolyzed whey. The protein isolates are used composed of whey proteins. They generally extract the lactose or the extra fat from a whey protein concentrate to make the whey protein isolate. However the whey protein isolate are costlier than other products because they are rich in only protein whey. There is another type which is a popular among the protein shakes. This is known as hydrolyzed whey. Hydrolysis is a process through which larger peptides are broken into smaller peptides. Most of the hydrolyzed whey is rich in smaller peptides. All the smaller peptides are extracted from the whey protein. As the proteins are broken, they move faster than protein concentrates through the digestive system. In other words the smaller peptides move effortlessly through the body. If you use the hydrolyzed proteins, it will be digested faster than the rest. This type is commonly used among the numerous protein shakes. You should always use the whey protein powder during the workout sessions. You can use any of the types, but you will be benefited hugely if you take them on a daily basis. Even doctors prescribe them for players and athletes who need more than the daily intake of nutritious food. You will find protein in a number of products like eggs, vegetables, soy and even dairy products. But the protein powder offers something extra which is missing in these food items. The protein powder also contains the amino acids which is very important in building the muscle tissues. You can mix the protein shakes in milk or juice. You can consume them throughout the day to maintain the nitrogen balance. It is known that the bodybuilders can consume upto 1 gram of protein powder for each pound they weigh. This is a common measurement for their daily intake of the protein powder. The whey protein is most useful in muscle gain and increasing the muscle strength. It has been clinically proven that they are easy to digest and help most of the athletes. If you are looking for specialist brands at competitive prices you can only rely on the [www.Sporting-Supplement.co.uk](http://www.Sporting-Supplement.co.uk).

## About the Author

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