

Protein Supplements Reviewed - Which Are OK to Take?

October 20, 2010

The one nutrient nearly ALL of my student-athlete patients and baseball students never get enough of is PROTEIN.

How Much Protein Should Your Child Get Each Day?

- 1) Take their weight in pounds, divide by 2.2 = their weight in kilograms
- 2) Multiply weight by 1.5 = the minimum amount of protein needed each day

200 pounds / 2.2 = 91 kilograms x 1.5 = 136 grams protein per day

The **Healthiest** Sources of Protein?

1. Free Range Chicken
<http://www.petalumapoultry.com/>
2. Grass-Fed Beef
<http://www.time.com/time/magazine/article/0,9171,1200759,00.html>
3. Omega-3 Eggs
<http://www.goldcirclefarms.com/products.html>
4. Almonds, Almond Butter, Walnuts, Pistachios
<http://www.barneybutter.com/>
5. Raw Milk
<http://www.organicpastures.com/>

Now, Protein Supplements...

Due to emails from parents regarding Muscle Milk:

<http://www.pitchingdoc.com/fileupload/Pitching%20Newsletters/Poor%20Posture%20and%20Injury%20Risk%20Muscle%20Milk%20Health%20Drinks%20-.pdf>

and here:

<http://www.pitchingdoc.com/fileupload/Press%20Releases/What%20You%20Must%20Know%20About%20Muscle%20Milk%20-%2006.25.10.pdf>

I have reviewed 7 different protein supplements:

Protein Supplement #1: Muscle Milk Collegiate

(<http://www.cytosport.com/products/collegiate>)

Recommended? NO = contains both Splenda and another sweetener called *Acesulfame-K* which possibly causes thyroid problems (<http://www.holisticmed.com/acek/>)

-To review, my biggest concern with Splenda is the damage it does to the digestive system.

- ✓ A Duke University study (<http://www.ncbi.nlm.nih.gov/pubmed/18800291>) showed that Splenda may
 1. **Make your stomach MORE acidic**, affecting digestion and cell function
 2. Kill the good bacteria in your intestines (called "probiotics"), **increasing your risk of infection.**

Protein Supplement #2: Muscle Milk Regular

(<http://www.cytosport.com/products/muscle-milk>)

Recommended? NO = Contains both Splenda and Acesulfame-Potassium.
Also contains sunflower oil = high omega-6 fats that increase inflammation

Protein Supplement #3: EAS Myoplex

(<http://eas.com/product/myoplex-original-ready-to-drink>)

Recommended? NO = Contains Splenda
Also contains sunflower oil = increased inflammation

Protein Supplement #4: Met-Rx Ready-to-Drink Shake

(<http://www.metrx.com/labels/031685.pdf>)

Recommended? NO = Contains both Splenda, Acesulfame-K
Also has safflower oil = high in omega-6 fats, increasing inflammation:

Ingredients: Water, Metamyosyn® MPF Protein Blend (Milk Protein Concentrate, Calcium Caseinate, Whey Protein Concentrate, L-Glutamine), Maltodextrin, Cocoa (processed with alkali), Natural & Artificial Flavors (contains caramel color), Cellulose Gel, Canola Oil, High-Oleic Safflower Oil, Sucralose, Tricalcium Phosphate, Dipotassium Phosphate, Cellulose Gum, Sodium Phosphate, Sodium Ascorbate, Acesulfame Potassium, Potassium Hydroxide, Carrageenan, Sodium Citrate, dl-Alpha Tocopheryl, Niacinamide, Vitamin A Palmitate, d-Calcium Pantothenate, Ferrous Sulfate, Phytonadione, Manganese Sulfate, Cholecalciferol, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Copper Sulfate, Cyanocobalamin, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenite. Contains milk ingredients.

Protein Supplement #5: Met-Rx Collegiate Series

(<http://www.metrx.com/shop/parent.aspx?parentID=27&catID=16&xs=feac78c505a64bef9e4200ae9983a401>)

Recommended? YES (sort of) = No Splenda, No Acesulfame-K
Please notice that the second ingredient is sugar and it does contain soybean oil = inflammation

INGREDIENTS: Water, Sugar, Metamyosyn® Protein Blend (Calcium Caseinate, Milk Protein Concentrate), Maltodextrin, Cocoa (processed with alkali), Soybean Oil, Cellulose Gel, Natural and Artificial Flavor, Soy Lecithin, Salt, Dipotassium Phosphate, Tricalcium Phosphate, Sodium Citrate, Cellulose Gum, Carrageenan.
Contains milk and soy ingredients.

Protein Supplement #6: GNC AMP XXX

(<http://www.gnc.com/product/index.jsp?productId=3480829>)

Recommended? NO = Contains both Splenda and Acesulfame-K.
It's unfortunate because it's the only supplement here to contain *Medium-Chain Triglycerides* (the same fat in Coconut Oil), known to help burn fat and is very popular among bodybuilders
(<http://www.musculardevelopment.com/articles/fat-loss/28-fat-attack-eat-fat-burn-fat.html>)

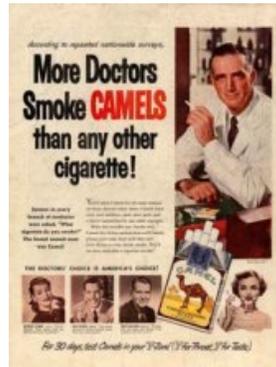
INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Soy Protein Isolate), Cocoa (processed with alkali), Natural and Artificial Flavor, Tri-MG Infusion™ (Betaine Anhydrous, HMB [as Calcium HMB]), Creatine Matrix Blend (DiCreatine Malate, Creatine Ethyl Ester HCL, Guanidinoacetate, Creatine AKG, L-Arginine, L-Glycine, L-Methionine), Medium Chain Triglycerides, Lecithin, Salt, Micronized Amino Acids (Glutamine [as Micronized L-Glutamine], Arginine [as Micronized L-Arginine], Leucine [as Micronized L-Leucine]), Acesulfame Potassium, Sucralose.
CONTAINS: Milk and Soybeans.

STOP BEING FOOLED BY ADVERTISING

Having a pro athlete endorse a product doesn't mean the product is good for you.

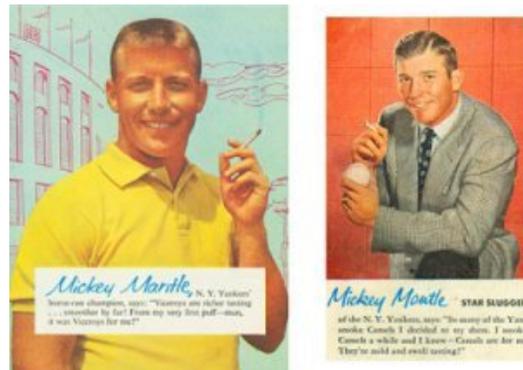
Remember when doctors endorsed cigarettes?

<http://www.youtube.com/watch?v=gCMzjJjuxQI>



What about professional athletes?

http://www.youtube.com/watch?v=krcNsTo_crE



My Personal Protein Recommendations...

Recommended Supplement #1 – NOW Foods Whey Protein

[http://www.nowfoods.com/Products/ProductsbyCategory/Category/M011591.htm?cat=Sports Nutrition](http://www.nowfoods.com/Products/ProductsbyCategory/Category/M011591.htm?cat=Sports+Nutrition)

**Recommended? YES = No Splenda, No Acesulfame-K
25 grams of Whey Protein per serving**

You can get this protein in my office

<http://www.pitchingdoc.com/index.php?p=84287&details=1&catId=565&pid=2584&s=>

Recommend Supplement #2 – 2:1 Whey Protein Bar

(<http://www.anti-aging-essentials.com/almondcaramelcrunch.html>)

Recommended? Yes = No Splenda, No Acesulfame-K
Also contains Coconut Oil = Medium Chain Triglycerides for fat-burning

Recommended Supplement #3 – Carb Conscious Supreme Protein Bar

(<http://www.supremeprotein.com/prod-pbc.html>)

Recommended? Yes = No Splenda, No Acesulfame-K

Make Your Own "Ready-to-Drink" Protein Shake:

Recommended Protein Shake #1

- ✓ 1 Scoop NOW Foods Whey Protein
- ✓ 1 "So Delicious" Coconut Yogurt
(http://www.turtlemountain.com/products/coconut_yogurt.html)
- ✓ 1/2 bottle Vitamin Water
(<http://www.facebook.com/vitaminwater>)

You can get the Coconut Yogurt at Whole Foods.
Use only 1/2 bottle of vitamin water at a time to limit sugar

Recommended Protein Shake #2

- ✓ 1 Scoop NOW Foods Whey Protein
- ✓ 1 Scoop Protocol For Life Balance Protoclear Powder
(http://www.protocolforlife.com/Products/Category/M101930.htm?cat=Detox_Support)

You can get a Blender Bottle (<http://www.blenderbottle.com/>) to make mixing very easy.

When Is The Most Important Time To Take Protein Supplements?

If you had to choose one time during the day, drink your shake within 30 minutes after your workouts as the body is starving for nutrients to recover.