

THE DETROIT DIESEL

Not All Proteins Are Created Equal

by **Fred George "The Detroit Diesel"**

Have you ever walked into a supplement store and stared at their wall of proteins? As you stand there in bewilderment, where do you start?

about selling you straight isolate protein. It is true (WPI) why protein isolate is as expensive as \$ 15.00 a pound. Then there is a version as cheap as \$ 15.00 per kilograms. So use your brain, if the product you bought weighs 5 lbs. and it cost you \$ 49.99, then you paid \$ 10.00 per pound. That is before any other products were added, blended, packages, shipped, etc. So you know that you got taken and the bag is full of fillers. There is 90% isolate, all the way down to 60-65% isolate. The same with WPC (why protein concentrate) that range from 90% WPC to 60 or 70% WPC.

The rest of the weight of these products are fillers like inulin (oligo saccharide) also known as maltodextrin.

These factors dictate the bottom line for the manufacturer and you will never know as a consumer. All you see as an athlete is whey concentrate, whey isolate, micellar casein and albumin (egg white.)

Now learn to read your label. By law, these companies are supposed to put these proteins in order based on the concentrations of each product in the bottle. Look for a byproduct that has albumin and isolate listed as one of the first products. It is very beneficial to have server proteins on the label, because that gives you a more complex amino acid profile. Each



protein reaches serum saturation levels in your blood at different times. Also, each protein uses different probiotics and pre-digestive enzymes to break down each specific protein.

Pure isolate proteins are very fast and get digested within an hour. The positive side to isolate protein is that if you drink it right after a hard workout, you will stay in a positive nitrogen



Do you just pick up the cheapest product assuming all proteins are the same? Or, do you go with the products that have the biggest ad campaigns behind them such as Muscle Milk, Muscle Phamm, Met-Rx, and EAS (Myoplex)? The answer is... go to school. Learn about protein qualities and the scams that some of the shady companies pull on the public.

For instance, some companies brag



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balance for an hour or so. This gives you time to drive home and cook a real meal. The downside is that if you drink it on an empty stomach after a workout, your body sucks out most of your muscle glycogen to use as energy, in order to turn the protein synthesis cycle which leaves you hypoglycemic.

When that happens you get the shakes, cold sweats, and very light headed. When your sugar levels drop out like that, you run to the first piece of candy, chocolate, or a sugar based drink that you can get your hands on. Any of these choices will stabilize your blood sugar. Unfortunately, they are bad choices which will increase your body fat. Then, when the isolate is done working you drop into a negative nitrogen balance and atrophy muscle tissue. That is why it is imperative to get a real meal within one hour of ingesting isolate protein.

Bottom line- Buy a product that contains a complex amino acid profile by finding a supplement with a varied number of proteins. Then, make sure it has a good amount of peptide bonded glutamine not just L-glutamine that your body excretes too quickly.

Next, look for probiotics and pre-digestive enzymes that help break the protein down. Lastly, make sure the carbohydrate levels are minimal and a good source of fat and fiber are added to the product.

My personal choice is CNP (Propeptide.) I have seen the lab assay on this product and I stand behind it 100%. Make sure you eat protein every 2-3 hours if you are training hard, and use whole foods at least 3 times per day.

Train Hard and God Bless.

Always consult with a physician before starting any new exercise or diet program.



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