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<http://www.shaklee.net/mimc>

<http://www.safeandproven.com/>

Protein Faqs

Protein is composed of smaller units called amino acids. Our bodies can't manufacture the nine essential amino acids, so it's important to include them in our diets. Protein is an extremely important nutrient whether your goal is to lose fat, gain muscle or just tone yourself up. It is the main structural nutrient in your body, making up the bulk of your muscles and organs. Protein is the main component of our muscles, organs, and the glands of the immune system. Every living cell in our body contains protein; and all body fluids, except urine and bile, contain protein.

Milk contains protein but it can cause reactions in folks that are intolerant to lactose, this can include vomiting, rhinitis and coughing symptoms, diarrhea, hives, difficulty in breathing, intestinal symptoms and, in the worst case, an anaphylactic shock. Milk comes with enzymes which help the body digest the milk. Pasteurization kills all of these enzymes.

Egg white protein contains all of the essential amino acids in biologically significant amounts and is simply one of the most complete sources of proteins and amino acids in existence. Egg protein is 100 percent lactose free, as is soy protein. There are more expensive varieties of whey that are 100 percent lactose free as well.

Hemp is a mostly forgotten type of protein that was used. Our grand parents and our great grand parents had access to many hemp products including hemp seeds that contain the valuable protein. I did a quick search on Google and found that you can still get this type of protein powder supplement.

Plant proteins that come in our breads and cereals and lack some of the essential amino acids. That is why their protein is often called "incomplete." It is

recommended that at least 50 to 75 percent of your protein needs come from complete protein sources such as nutritional health supplements.

<http://www.shaklee.net/mimc/product/Protein2>

Amino acids are the building blocks for proteins. Antibodies, enzymes and hormones are proteins. Amino acids are the building blocks of protein and this means essential amino acids are necessary for the body to function properly and to stay strong and healthy. Essential amino acids are amino acids which are indispensable to the body, but are not manufactured our bodies, therefore it is important that these amino acids be obtained in some way.

Protein powder is designed to be taken everyday as many nutritional health supplements are. Even if you aren't a bodybuilder or everyday athlete, starting your day with a protein powder shake can provide many benefits.

<http://www.shaklee.net/mimc/product/Protein2>

Protein powder is widely regarded as the most important supplement for gaining muscle mass if you are training. Many nutritional experts also believe that the more sources of protein you consume the greater muscle growth. Protein powder is commonly used by both men and women in their quest for a better physique. Protein powder is essential for any strength training and athletic individuals, since it is so hard to get the protein you need from normal food without increasing your calorie or fat intake at the same time, thus making you fat.

Soy protein powder is one protein powder that is excellent for shakes because it is tasteless yet adds a thick, creamy texture. Soy has numerous effective health benefits on the cardiovascular and hormonal systems. Soy has continued to emerge as a nutritional health supplements powerhouse.

<http://www.shaklee.net/mimc/product/Protein2>

When picking out soy based protein powders one of the most important things to look for is Non-Genetically Modified Organism products. Soybean plants are the most genetically modified organism (GMO) in the United States food supply. As of January 2006 the percentage of soybeans that have been genetically modified is estimated to be 75% and spreading fast. Shaklee uses an independent certification process that ensures the soybeans used in their soy protein powder are free from exposure to genetically modified soybeans.

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