Proteins from milk deliver all the essential amino acids your body requires.2,3

Protein is made up of building blocks called **amino acids**.

**Complete proteins**
A natural source of all 9 essential amino acids

**Incomplete proteins**
Lack one or more of the essential amino acids

Getting enough protein is essential, but it's also crucial to get the right type

<table>
<thead>
<tr>
<th>Complete Sources</th>
<th>VS</th>
<th>Incomplete Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>MILK • MEAT • FISH • SOY • QUINOA</td>
<td></td>
<td>GRAINS • LEGUMES • NUTS &amp; SEEDS</td>
</tr>
</tbody>
</table>

Sources include: milk protein, whey protein, casein protein
Proteins from milk are a good choice because they have been shown to:

- Keep you strong and feeling full1,4,5,6,7
- Aid in weight loss8,9
- Improve muscle tone and composition10,11,12,13
- Enhance your workout and recovery14,15,16

If you’re trying to lose weight, you may require more protein than the recommended amount of 25 to 35g per meal.19

Compared to plant proteins, proteins from milk are:

- More complete
- Higher quality20
- Less processed22

How to find proteins from milk

LOOK FOR:
- Whey, casein or milk protein concentrates and isolates in ingredient lists

BASED ON DIAAS =
Digestible Indispensable Amino Acid Score –
An evaluation method of food’s protein absorption and utilization in the human body.20

Leucine: the amino acid that supports muscle growth17

% of leucine in protein sources:28

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<table>
<thead>
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</thead>
<tbody>
<tr>
<td>WHEY</td>
<td>13.6%</td>
<td></td>
</tr>
<tr>
<td>CASEIN</td>
<td>10.2%</td>
<td></td>
</tr>
<tr>
<td>SOY</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>PEA</td>
<td>7.8%</td>
<td></td>
</tr>
</tbody>
</table>

For more information visit: THESTRONGINSIDE.COM

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