



TYPES OF PROTEIN SUPPLEMENTS

Meat based

It has all the benefits of meat consumption, but without the excess fat that raw food consumption can bring. The supplement has a good concentration of creatine, which provides **more strength for hypertrophy training.**

- ★ **Fast absorption** (good option for post-workout)
- ★ **Biological value lower than whey protein**

Casein

80% of its composition is derived from milk protein and is rich in amino acids such as glutamine and arginine, which are important for those who want to gain muscle mass.

- ★ **Slower absorption**
- ★ **Ideal for overnight ingestion** (takes between 5 and 7 hours to be digested)

Soya

It stands out for its high concentration of fibers, but it is still absorbed faster than casein and albumin. **It has a glycemic index of 75 and is still rich in glutamine and arginine.**

- ★ **Slower absorption**
- ★ **Suitable for vegans**