

THE COACH'S PLAN

The Protein Gap Check

For anyone deciding whether an essential amino acid powder is filling a real shortfall or a habit.

10 g

Essential aminos per meal

What 25 g of food protein supplies, per NIH ODS.

4 g

Essential aminos per scoop

What one 7.3 g serving of the powder supplies.

8 wks

A fair trial length

Judge against a fixed strength benchmark, then stop or continue.

An essential amino acid powder is a gap filler, not a protein substitute. Food wins on volume and it is not close, so the only honest question is whether your week has a gap in it at all. This plan gives you the three meal count that answers that, the training that has to come first, and the stop rule.

What the evidence actually says

- 1 NIH ODS: complete proteins are roughly 40 percent essential amino acids, so 25 g of protein supplies about 10 g.
- 2 One 7.3 g scoop of a full essential amino profile supplies roughly 4 g of essential amino acids.
- 3 Branched-chain reviews find a soreness signal; strength, endurance and body composition results stay inconsistent.
- 4 Protein supplementation helps older adults with muscle loss when it is paired with resistance exercise, not alone.
- 5 The National Institute on Aging puts resistance training at the centre of holding muscle with age.

Your 3-step plan

1 Step 1: Count three meals before you buy anything.

Write down the protein in your usual breakfast, lunch and dinner. If most meals clear 25 grams, the powder is redundant. Spend the money on the food instead.

2 Step 2: Fix the training before the tub.

Resistance work two or three times a week is the part with the strongest evidence behind it. Amino acids are raw material, and raw material without a stimulus does nothing.

3 Step 3: If you use it, aim it at the gap.

One scoop on a low appetite day, or beside a training session, beats a scoop out of habit. Set a fixed strength benchmark, give it eight weeks, then judge honestly.

The safety line

Kidney disease or a protein restricted diet makes this a medical decision rather than a shopping one. Do not use if pregnant or nursing, per the manufacturer's own label. Unexplained muscle loss, poor appetite or unintended weight change deserve a clinician rather than a supplement. Supplements are not reviewed by the FDA for effectiveness before sale.

Read the full article: <https://www.agelesscoach.com/articles/amino-powders-fill-a-gap-most-people-dont-have>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.