

Ultimate Nutrition

Xtreme Amino

Protein is probably the most important supplement for all athletes. It is the fuel for the build-up, mass and toning of the muscle. In fact, protein is essential for growth and development. The proteins that make up the human body are not obtained directly from the diet; rather, dietary protein is broken down into its constituent parts known as amino acids, which are the basic building blocks of life.

Of the 20 amino acids that the body needs to make protein, eleven are designated as nonessential amino acids, because they can be produced by the human body from other amino acids and do not need to be obtained from the diet. The remaining nine amino acids cannot be synthesized by the body and are, therefore, called essential amino acids. These amino acids must be obtained by degradation of the dietary protein. All of these essential amino acids must be present in the body in order for it to build and repair muscle.

The manner in which the body uses protein during and after exercise is quite different from the way it utilizes carbohydrates or fat for energy. In the hours after exercise, the body begins to build the so-called structural proteins from amino acids for muscle repair and growth, and remodeling the tissues needed for performance. This is one of the reasons that athletes should pay particular heed to nutrition for complete recovery fast and make it an integral part of their workout regimen.

Whey protein is a very high quality protein, which, along with casein, makes up the major proteins in milk. Whey contains all the essential amino acids and therefore scores very high on all methods used to score protein quality. In fact, whey protein is superior to all other sources of protein when you consider how much of the nitrogen (protein is about 16% nitrogen) is retained in the body relative to the amount of nitrogen absorbed. This criterion method of protein quality is referred to as the biological value (BV), and whey protein has the highest score of 104.

A growing body of literature shows that appropriate use of whey protein can maximize muscle size and strength gains from resistance training in addition to having other health-promoting effects.

Whey protein provides some of the most important amino acids for athletes: Branched-chain amino acids, which include leucine, isoleucine and valine. These amino acids are needed for the maintenance of muscle tissue during physical stress and intense exercise. From the perspective of athletes, BCAAs function as anabolic agents and induce sparing, which allows the body to burn fat and not muscle.

Nutrient needs often increase faster than calorie needs in athletes. Ultimate Nutrition is committed to providing athletes with the best products to fulfill exactly those needs.

Xtreme Amino is a great tasting and fast way to fill your protein needs. These chewable protein tablets are available in delicious vanilla, chocolate, banana and strawberry flavor.

SELECTED REFERENCES

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FREQUENTLY ASKED QUESTIONS

1. Who benefits from protein?

Protein is an important nutrient needed by everyone of a daily basis. It is made up of essential and non-essential amino acids, which are the "building blocks" for healthy bodies. Protein has a number of different roles in the body including repairing body cells, building and repairing muscles and bones, providing a source of energy, and controlling many of the important processes in the body related to metabolism. Whey protein is a high quality, complete protein, with all the essential amino acids. Whey protein is also the richest known source of naturally occurring branched chain amino acids (leucine, isoleucine and valine). These are important for active individuals, individuals who exercise and professional athletes. The body requires higher amounts of branched chain amino acids during and following exercise as they are taken up directly by the skeletal muscles versus first being metabolized through the liver, like other amino acids. Low BCAA levels contribute to fatigue and they should be replaced in one-hour or less following exercise or participation in a competitive event.

2. Does Whey Protein Boost Immunity?

Yes. Whey protein is superior to other proteins in its property to boost immunity by increasing the body's own antioxidants. Ultimate Nutrition's Xtreme Amino is isolated

by a complex low temperature processing system to retain immune boosting proteins which include B-Globulin, A-Lactalbumin, Glycomacropeptide, immunoglobins and, among others, Lactoferrin. All constituents in this category inherently boost the immune system.

3. Why are BCAAs beneficial?

BCAAs (Branched Chain Amino Acids) comprise of 1/3 of muscle tissue and are the first amino acids to be catabolized due to intense exercise. Therefore, dietary BCAA supplementation is particularly important for hard-training individuals looking to maximize their muscle gains. The body requires higher amounts of branched chain amino acids during and following exercise as they are taken up directly by the skeletal muscles versus first being metabolized through the liver, like other amino acids. Low BCAA levels contribute to fatigue and they should be replaced in one-hour or less following exercise or participation in a competitive event.