



The Post-Recovery Protein Drink by Dr. Michael Lange

Everyone wants to maximize their gains from working out and proper nutrition plays a vital role in achieving that goal. Whether you are a strength or endurance athlete, or just trying to stay in great shape, proper nutrition is extremely important. The most important meal for anyone wanting to maximize their potential is within 30 minutes of working out. Timing is crucial! The latest research is proving that more is not necessarily better. Only 20-30 grams of a "fast-acting" whey protein concentrate combined with a "fast-acting" high glycemic carbohydrate is optimal for results. Carbohydrates alone or protein alone will not get the job done post-workout. Most research recommends a 2-1 ratio to 4-1 ratio of carbohydrate to protein mixture. A simple rule to remember is you need about 1/2 your body weight in grams of high glycemic index carbohydrates combined with 20-30 grams of a whey protein concentrate or isolate.

What's in your protein?

There is a wide variety of protein powders on the market and in vitamin shops. With so many choices, how do you know which is the best for you? The ingredients in protein are key. The majority of powders on the market are filled with ingredients that are potentially harmful to your body. The source of protein for these powders comes from cows that are fed genetically modified grains in confined spaces. These genetically modified grains are to increase milk production which can include harmful antibiotics and hormones which can be pro-inflammatory in the human body. These powders also include artificial sweeteners, synthetic dyes, soy lecithin, and synthetic nutrients. These types of protein come denatured by high heat which has decreased the bioavailability. Not to mention, these recovery drinks on the market are using genetically modified waxy maize or maltodextrin as their carbohydrate source. Your body needs extra nutrients during workouts and food should be medicine, not poison.

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The Post-Recovery Protein Drink - Continued

Fortifeye Super Protein - Making the Difference

Our Super Protein, introduced in December of 2015, is making the difference in all protein powders available today. This is a non-denatured, whey protein concentrate from free range grass fed cows in New Zealand. Our protein is free of soy, gluten, wheat, corn, pesticides, harmful hormones and antibiotics, and free of any artificial flavors. Our protein also comes in a BPA free container, free of chemical manufactured plastic, so it is housed in a safe material also. This 20 serving container is available in Vanilla or Chocolate flavors and mixes well with fruits, vegetables, pretty much any ingredient or drink of choice.

Dr. Lange's Post Recovery Protein Drink Mix

1 Scoop - Fortifeye Super Protein (20 grams of protein and 2 grams of carbohydrate)

1.5 cups - Organic Chocolate Milk (12 grams of protein, 39 grams of high glycemic index carbs.)

1 wedge of Watermelon (22 grams of high glycemic index carbohydrates)

1 tbs - Organic Honey (includes protein and 17 grams of carbs)

Since Honey is a medium-glycemic food, it is a great and sweet add to the mix. Organic chocolate milk has a ratio of 3.5-1 carbohydrates to protein along with casein protein. The ratio is 80/20 casein to whey. Research shows that these two types of protein contribute support of lean muscle growth and increased strength. When picking a chocolate milk to use, look for milk from Jersey cows or Guernsey cows. These cows have not gone through genetic mutation altering in their beta casein protein. The typical milk found in supermarket comes from A1 cows, A2 cows are the recommended source. Using a wedge of watermelon provides 22 grams of the correct carbohydrate needed with no fat. Watermelon is also high in L-arginine, an amino acid crucial in post-recovery from working out. This mix not only helps build lean muscle mass and strength, but also stimulates the immune system. Cheers to your health!

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