

Find Participants



Protein dose requirements
post-exercise for maximal
muscle growth

3 week(s) to complete

Cash

Experiment

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University of Nottingham

People respond to feeding with protein by increasing the production of new protein in their muscle, a process known as muscle protein synthesis (MPS). This response has been found to be further increased when combined with resistance exercise. The optimal dosing of protein to maximise MPS has been the subject of much debate and little is known as to the optimal protein needed in females. We wish to test how much protein is needed post exercise in both males and females for maximal muscle growth.

Find out more online

Poster printed on 29/03/2024 Study expires on 22/03/2020

More info

by scanning the QR code
or visiting the URL

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