



Whey or Casein?

Trying to decide on which proteins to use at what times and for what reasons can be a mind-numbing process. So here's a little guide to help you understand the difference between these two important muscle building proteins.

The Key Difference:

Whey Protein:

Milk is made of two proteins – whey and casein. Sweet dairy whey is a by-product of cheese manufacturing. The sweet dairy whey is then filtered to remove fat and lactose (milk sugar). What's left behind is a concentrated whey protein (hence the name, whey protein concentrate) in liquid form. The liquid is then dried into powder form. The process is more complicated than that but you get the general idea.

Fast- Acting: It only takes your body 20-40 minutes to start metabolizing this product. Within that time the level of amino acids in your blood has reached its high point. Within the hour it will have gone through the various metabolic processes, either protein synthesis, or oxidation.

The Pre & Post Workout Meal: Protein gives your muscles building blocks called amino acids. Without having these in your blood stream your muscles will not be able to maintain their integrity and thus will be broken down by your workouts. This will result in you simply losing muscle rather than gaining it. This fast-acting protein will quickly supply and replenish the nutrients needed and lost during your workout.

Casein Protein:

Casein protein is the predominant protein found in milk. It makes up about 80% of the protein in cow's milk. Casein protein is extracted from the milk through ultra filtration, without the use of chemicals. This process increases the amount of bioactive milk peptides that support immune function as well as enhance muscle growth.

Slow- Acting: Your body will reach a peak in blood amino acids and protein synthesis between 3 to 4 hours after you have taken this protein.

Before Bedtime Meal: Casein protein is the only protein you should be taking before going to sleep. The reason is because your body needs to be sustained for six to eight hours during your sleep without food. You don't want your hard-earned muscle being broken down in your sleep, so a protein that is slowly released over time is best.

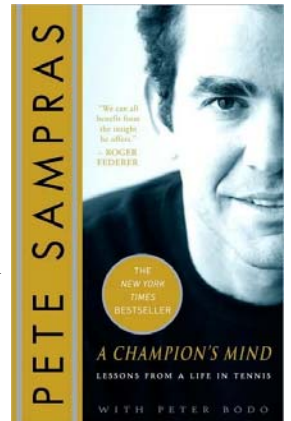


100% Greens & Whey
Greens & Whey Protein Isolate for Optimum Nutrition
Made with Organic Greens, Mixes Instantly
All Natural

People's Book Corner

A Champion's Mind: Lessons from a Life in Tennis by Pete Sampras, Peter Bodo

In *A Champion's Mind*, the tennis great who so often exhibited visible discomfort with letting people "inside his head" finally opens up. An athletic prodigy, Pete resolved from his earliest playing days never to let anything get in the way of his love for the game. But while this determination led to tennis domination, success didn't come without a price.



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62 Victoria Street
Hamilton HM12
Tel: 292-7527
Fax: 292-8186

Toys@peoplespharmacy.bm
www.peoplespharmacy.bm
www.littlepeoples.bm