



# LEANPRO

## Soy Protein in Sports Nutrition



Considerable evidence suggests that protein helps build strength in conjunction with an exercise program.

Soy Protein supports muscle development and can help promote increased strength during resistance exercise training.



### Nutrition plays a role in muscle preservation and muscle gain during exercise

It has been proposed that proper feeding, if timed optimally, can facilitate maximum training outcomes. Liquid intake is key to maintain hydration, carbohydrates intake is important to help restore muscle glycogen, and protein must be consumed to obtain optimal muscle growth. However, timing of consumption and precise amounts of each of these nutrients required for maximum muscle growth on an individual basis are not clearly understood. Ultimately, the intake of a high-quality protein is an important part of an exercise program to help preserve muscle mass and promote muscle gain.

### Soy protein: a complete plant protein

Dietary protein helps stimulate muscle growth (especially after resistance training) by providing essential amino acids necessary for the synthesis of new tissue. Numerous studies have shown that soy protein supports increased muscle mass during resistance training in both men and women.

### Soy is an excellent protein source for bodybuilders and recreational athletes

Soy protein is a high-quality, complete protein that provides all of the essential amino acids needed for growth and maintenance in humans. Clinical studies show that soy protein is as good as, or better than, other sources of protein for increasing strength during physical training programs.

Soy protein can be used effectively for the maintenance, repair and synthesis of skeletal muscle proteins in response to training according to a joint statement by the American College of Sports Medicine, the American Dietetic Association and Dietitians of Canada.

 LEANPRO™