



IDEAL breakfast SHAKE

Ideal Breakfast Shake – Post work out recovery shake: (written by Jason Carroll – Naturopath)

The Ideal Breakfast Shake is fast becoming the protein shake of choice after a hard training session. This is due to the highest biological value whey protein isolate and concentrate along with the carefully selected blend of energy, immune and recovery nutrients.

Ideal breakfast shake is an excellent source of branch chain amino acids (BCAA's) from the highest quality whey protein. These amino acids are super important for muscle growth and recovery. I have also fortified the Ideal Breakfast Shake with over 1000 mg of another amino acid called L Glutamine. This has become the number one ingredient for anybody wanting to build muscle and prevent a low immune system from overtraining. L Glutamine stimulates muscle growth and recovery.

Basically L glutamine achieves 4 things:

1. It prevents the breakdown of muscle after intense training called catabolism.
2. It promotes muscle growth called anabolism
3. It enhances the immune system
4. L Glutamine improves the uptake of glycogen after an intense workout, This leads to a better recovery and the ability to back up again for your next training session.

In addition to this there is a combination of pre and probiotics and protein digestive enzymes from papaya that maximise the digestion and absorption of the protein preventing any bloat or discomfort which is common in inferior protein powders.

Every scoop contains over 20 g protein and less than 1 g of fat and sugar. This makes it the ideal post workout shake to encourage muscle growth (branch chain amino acids), natural growth hormone and nitric acid production (arginine, ornithine).

For the best results take 1 scoop (30 grams) in water or skim milk within 45 mins of a workout. If you add 1 piece of fruit such as a banana or 1/2 cup frozen berries this improves the refuelling of glycogen to power through your next workout.

So if you are looking for a superior protein source packed with over 21 super foods then Ideal Breakfast Shake is your answer.