



IDEAL breakfast SHAKE

‘POST WORK OUT RECOVERY’

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 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) and L-Glutamine derived from the highest quality whey protein. These amino acids are super important for muscle growth and recovery. L Glutamine 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.

Every scoop contains over 23 g protein and less than 1 g of saturated fat and sugar. This makes it the ideal post workout shake to encourage muscle growth.

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.

If you are looking for a superior protein source packed with naturally occurring Amino acids then Ideal Breakfast Shake is your answer.

Written by Jason Carroll - Naturopath and creator of Ideal Breakfast Shake