

## **Research Shows Consuming Protein Blends (Whey, Soy and Casein) is Optimal for Sports Performance**

Solae's Global Director of Sports Nutrition Dr. Greg Paul published, in a supplement accompanying the Journal of the American College of Nutrition, a review titled 'The Rationale for Consuming Protein Blends in Sports Nutrition' and concluded that consuming a blend of proteins (isolated soy protein, whey protein and casein) may have advantages for sports performance and provides nutritional advantages over consuming just one type of protein.

"Protein is considered by many to be the most important macronutrient for humans because of the numerous roles protein plays in the body," said Paul. "My review proves not only the importance of protein, but also potential benefits of combining different proteins, particularly to help promote recovery after exercise activity."

According to the U.S. Food and Drug Administration (FDA) labelling guidelines, isolated soy protein, whey protein and casein are all nutritionally complete proteins.

However, all three proteins differ in digestion rates, potentially creating a "timed-release" effect that could prolong the time that absorbed amino acids are delivered to muscle resulting in faster recovery.

Additionally, comparative studies between isolated soy protein and whey protein show similar increases in lean body mass whereas whey protein may have an advantage over casein.

"Today, more and more sports nutrition products include blends of soy and dairy protein," said Paul. "Our sports nutrition customers continue to look for ways to incorporate protein blends into new products due to the nutritional, functional and economical advantages.

Additionally, consumers seem to prefer the taste of products that include a blend of proteins versus one type of protein."

In fact, sensory data shows that a sports nutrition beverage formulated with isolated soy protein, in combination with a dairy protein is preferred by consumers 2:1 over the leading, all dairy commercial brand.