Proteins: the building blocks support growth & maintenance of muscle mass

Timing of protein intake for an optimal protein distribution over the day

- Total quantity, distribution over the day and timing of dietary protein intake is essential for optimal use of protein in the body.

Proteins rich breakfast
Choose either a bowl of quark with muesli, a cheese sandwich or an omelette

New research: just before going to bed is a good opportunity for 20 grams of protein. Because even when sleeping protein contributes to the growth and maintenance of muscle mass.

Timing of protein distribution over the day

- Muscle protein synthesis
- Muscle protein breakdown

Recovery after training or competition:
Within 2 hours, 20 grams protein when muscles are most receptive to recovery.

References