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(Forum for members to discuss information on over the counter supplements)

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09-24-2012, 09:12 PM

#1

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Jacked and Tan



Join Date: Apr 2011

Posts: 4,969

Rep Power: 12

## Supercharge Your Protein Intake

Check out [Gear- The best protein supplemet around.](#)

Protein is one of the best – and worst – understood macronutrients in the bodybuilding world. Every bodybuilder knows they need at least a gram of protein per pound of bodyweight, but very little is understood about the quality of protein.

That's like telling someone they need to drive 100 miles to get to your house, but not telling them what direction!

Proteins are just long chains built up from "links" of various individual amino acids. Some of those links are like titanium: essential amino acids. Other links are more like regular old iron: non-essential amino acids. Joining two amino acids together with each other forms a dipeptide, three joined together form a tripeptide, etc...Once we get 50 amino acids all joined together, we have a protein – the chain made from all of the little links.

If we were making a chain, we want it to be strong, right? In fact, if we could, we would want to make the entire chain from titanium. Well, it's the same when we look at a chain of amino acids. We want it to be made from high quality links. This is because the ratio of one amino acid to another determines the overall quality (or strength) of the chain. The highest quality, most anabolic protein sources all have an amino acid chain that is most closely associated with natural human protein.

Gear is an advanced protein delivery system and nutrition octane booster!

When you take 2-4 capsules of Gear with your meals, it not only provides you with valuable, high quality aminos, serum proteins, and fractionated whey; it also provides you with the bioactive enzymes your body needs to convert that protein into muscle. It's like taking a pill that turns every meal into a high-quality protein shake!

Once in the body, protein is broken back down into smaller peptides (dipeptides, tripeptides, etc...) and individual amino acids in the gastrointestinal tract, after which they're sent to the liver, kidney and eventually the blood, thereby raising blood plasma levels of amino acids. When those get high enough, we see increased protein synthesis, which results in the accrual of muscle tissue. This is an anabolic effect – an increase in muscle mass. As you can see, the processing and digestion (breaking down) of proteins back into aminos is very important! If you're not digesting your protein, then your body isn't going to use it, which is



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exactly why we at Need To Build Muscle formulated Gear with loads of high quality digestive enzymes, like Aminogen and Bromelain.

GEAR uses a concentrated form of protein that is both ENLARGED and FRACTIONED. In other words, each amino molecule not only encompasses more space, it is split into "micro molecules" which essentially increases the bio-availability ten-fold!

A single gram of protein becomes more like TEN grams of super bioavailable protein!

On top of that, Gear uses the power of Super Plasma Blood Serum Protein. Studies have shown that test animals fed a comparable calorie diet with Super Plasma Serum grew an average of 20% LARGER than those on a diet without it. How can that be? Because Super Plasma Serum is the protein that already exists in the blood plasma. It's instantly recognized as "useable". It's like adding blood to your blood - there is no conversion! Whatever you add is "more". That's what happens with Super Plasma Serum. It's essentially instant muscle! Since the actual amino molecule of SPS is FOUR TIMES LARGER than that of meat, egg or whey protein it can be dispersed over a greater area of the intestines, allowing for maximum nitrogen dispersion. The extraordinary growth potential from Super Plasma Serum may also be due to the fact that it contains the highest IGF-1 level of any natural food source.

This is the closest thing to actual "injectable aminos", which is what the pros have been using for years, BUT AT A FRACTION OF THE COST!

Super Plasma Protein is protein isolate and made from hydrolyzed animal plasma. Because of its high concentration of bioactive proteins, peptides, and potent amino acid profile, this protein has been used to increase growth in multiple animal studies.

When we look at proteins, we want to make sure the chains are made from as many high quality links as possible, because once the protein is in your body, your body breaks it back down into those same links, and uses it to produce more muscle. Proteins are in a constant state of synthesis, being built up and broken down. If you're breaking them down at an accelerated rate, with intense weight training, you need to replenish them at an increased rate as well. When you go to the local hardware store to buy a chain, you can ask them how strong it is (its tensile strength). This tells you how much pressure the chain can take before it snaps. Try going to a restaurant and asking about the amino acid chains in their chicken cordon blue. They'll look at you like you're crazy! Most bodybuilders can rattle off the exact amount of protein in a glass of milk or a 6 oz. steak, but they have no idea about the quality of that protein or the rate at which their body will absorb this protein. That's a huge mistake, and it's like buying a chain without knowing what it's made of. Who cares if it is 50 feet long, if it's made of paper?

Scientists have figured out a way to measure protein quality, just like they've figured out ways to figure out how strong different metals are.

Protein Efficiency Ratio, or P.E. R. was one of the earliest ways they used to gauge the quality of various proteins. It was based on dividing body mass gains versus the amount of ingested protein. You might expect milk protein rates very highly, while corn, oats and other plant sourced proteins rank poorly.

[Click here to see Computed Protein Efficiency Ratio of Illinois Bundleflower Seed Protein.](#)

Biological Value (B.V.) is another method used for determining the quality of various proteins. This method basically looks at the amount of protein consumed versus the amount excreted, with the logic that the rest of the protein is being retained by the body.

Blood serum proteins have a Digestibility above 90% and a protein efficiency ratio (PER) of 2.8! . THE HIGHEST SCORE EVER! In fact off the charts. But the power of blood serum protein does not stop there. Read the next part.

The problem with BV is that it doesn't tell us how much of that protein is being digested adequately, only that it's not being excreted. Neither of these two protein measurement systems are widely used any longer because they've given way to another measure of protein quality, known as the protein-digestibility amino acid score (PCDAAS). This is the

most accurate method of ranking various proteins, and it's the one currently being used by scientists and doctors. This score ranks the essential amino acid content of various proteins and compares them with amino acid requirements in humans. The amino acid that is represented most poorly is found to be the limiting amino acid (the weakest link of our chain), and that system ultimately determines which protein sources provide the most abundant supply of amino acids that match human protein needs. Of course, this isn't just science, it's what we see in the real world too. How many people get huge by eating wheat protein? Nobody. As you can see from this chart, the stuff that ranks the most highly is the stuff that makes all of the top bodybuilders huge –whey protein, beef, eggs, and milk.

Of course, nobody eats a meal of just one food, right? People combine their foods at meal time, and if they're smart, they can make some of those poor quality proteins into better ones. This is why we always see vegetarians combining certain plant-based foods; rice and beans, for example. Rice is deficient of several aminos that beans have in abundance.

The amino acids lacking in one food is made up for in a different food.

This strategy of combining foods is exactly what we're doing with Gear! We have included branched chain amino acids, as well as amino rich superfoods like Super Plasma Protein, a protein isolate made from hydrolyzed blood plasma proteins.

With Gear, you can have a peanut butter sandwich, (not a great source of quality protein) and the digestive enzymes will ensure that you're processing every single gram, while the BCAAs, Super Plasma Protein, and Whey Protein Isolates fill in the missing aminos. It's like turning every peanut butter sandwich, slice of pizza, and piece of French toast into a protein shake! A banana split is always going to have a lot of fat and sugar, but with Gear, at least it'll also have a lot of high quality protein as well.

So we basically need two things from our proteins:

1. We need to be able to process these proteins and break them down into amino acids, (we need them to be digestible).
2. We need to have the proper amino acid ratio, (we don't want to be limited by missing aminos).

And that's really it! When we talk about protein quality, we're really only saying that they have a proper amino acid profile, and its digestibility.

When we talk about Gear, we're talking about making everything you eat into a high quality, easily digestible, source of protein!

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Gear Supplement Facts:

Serving Size: 1 capsule

Servings Per Container: 200

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\*\* Percent Daily Values not established.

Gear Directions:

Take 4 capsules pre and post workout. Gear can also be taken in-between meals to prevent

catabolism and provide increase in muscular recovery and regeneration. Take 10-15 capsules daily for best results.

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09-25-2012, 12:54 AM

#2

[mich29](#)

Pro Bodybuilder



Join Date: Sep 2010

Posts: 2,158

Rep Power: 19

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Protein is an important part of getting healthy and staying healthy. Protein is not only important for good health but it is also important when you want to lose weight. Get easy tips here to boost your protein intake that help your weight loss efforts. Many people think that getting enough protein while on a vegetarian diet can be difficult at best. You just have to adjust what you are eating to ensure that you are incorporating enough plant protein into your meals. Plant protein are quality protein that you should add in your every meal. To lose weight you have to be able to curb your hunger Understanding how and when to consume protein is vital to supercharging your nutritional strategy. How much protein should I take? Training volume and intensity are a driving factor when determining daily intake. For most active individuals, 15% of daily caloric consumption should come from protein. However, it is important to be flexible and adjust to the requirements of your daily/weekly training load. When volume goes up or intensity increases, athletes may need to increase their protein intake by an additional 5%. This is critical for individuals doing extra work in the gym and/ Finding your ideal carb intake is a good example: based on your personal biology, you may do best on 30 grams of carbs a day, or you may perform better on 150 grams. How much protein you eat is just as flexible. Both the type and amount of protein you eat depend on your lifestyle. Here's a quick guide to protein: both the best kinds, and how to find your ideal protein intake. What is the best protein for your body? First, let's chat about types of protein. Protein is made up of building blocks called amino acids. A high protein intake can help with weight loss, increase muscle mass and improve health, to name a few. Here are 14 easy ways to eat more protein. 1. Eat Your Protein First. When eating a meal, eat the protein source first, especially before you get to the starches. Protein increases the production of PYY, a gut hormone that makes you feel full and satisfied (2). In addition, a high protein intake decreases levels of the hunger hormone ghrelin and increases your metabolic rate after eating and during sleep (3, 4). What's more, eating protein first can help keep your blood sugar and insulin Minimum Protein Intake. Again, we're not talking about the minimum amount to avoid a deficiency, here. We're talking about the amount, in the words of the The International Association of Athletics Federations (IAAF) When we say average protein intake, we're talking about the standard amount that's most often recommended by bodybuilders and athletes, which is 1 gram per pound of bodyweight. I mean, I've told people that, says Dr. Nelson. Especially if you're cutting and you're hypocaloric, yeah you can go to a gram per pound of bodyweight.