



Article Side

Protein powders and bars for physical fitness by [Editor123](#)

Article published on April 11th 2012 | [Health](#)

There are sports person that are into extreme levels of fitness regimes. These are the boxers into training and weightlifters trying to better their international records. They obviously cannot do with normal meals and will need special doses of vitamins and minerals along with a range of supplements. These supplements include protein powders and mass gainers, fat burners and creatine besides those required for better standards of endurance and recovery. Supplements are necessary for joint support and as energy boosters. Extreme sports person also requires protein bars and gels as well as water eliminators and fiber, zinc and antioxidants among several others.

Protein is the basic building block for the body. It is necessary for your body's growth and for its repair when you exercise hard as well as for quick recovery. You require protein for your hair and skin. Protein is necessary for your organs as well as for the blood, muscles, cells and tissues. One of the fastest methods of absorbing protein is if it is in the form of specially formulated protein powders. The best of protein powders will have a very high Biological Value or BV and assimilation of these will invariably be very quick.

There are several types of protein powders in the market. Some of these are branded such as Cytosport that has its product called Muscle Milk Collegiate that is available in 5.29 lb packs. It is a balanced and complete formula that supports post training recovery for added growth of muscles. The Dymatize Elite Whey Protein Isolate in 5 lb packs is another good protein product. It is good to taste and each serving is packed with 24 gm of whey protein along with more than 4 gm of glutamine and glutamine peptides as well as more than 5 gm of Branched Chain Amino Acids or BCAAs. There are several kinds of proteins such as soy protein and 100% whey, casein protein or hydrolyzed protein. Some of the other Protein Powders of great quality include the six star pro professional strength whey protein plus in packs of 2 lb and BSN Lean Dessert Protein Shake in 1.39 lb packs. Chocolate lovers will appreciate the six star pro professional strength Casein protein in 1.5 lb packs because of its chocolate flavor.

If you are looking for a quick meal on the go or a mini-meal that is healthy you will find these options in the form of protein bars and gels. You can try ABB Steel Bar that is in a pack of 12 bars and is premium protein with 20 gm of high quality protein and 19 vitamins and minerals in a bar. In these protein bars you will get premium protein and great taste together with quality nutrition. There are only 4 gm of fat in these bars. Other important examples of some great protein bars include 100% Whey Crisp Bars and 100% Whey Gold Standard both from Optimum Nutrition.

Article Source:

<http://www.articleside.com/health-articles/protein-powders-and-bars-for-physical-fitness.htm> - [Article Side](#)

[Editor123](#) - About Author:

This article is contributed by a professional article writer and has been efficient in providing useful information about a [Omega Fatty Acids](#), a [Zinc Supplement](#) For more information you can visit: <http://fitlion.com>

Article Keywords:

Protein Powders,protein bars

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!