

Title:

Can You Have Too Much Protein Supplement?

Word Count:

460

Summary:

Protein is a hot topic on the Internet and in the Gym. It is a topic that is widely discussed

Keywords:

Protein supplement, Muscle building supplement, Muscle supplement, Bodybuilding gain mass muscle

Article Body:

Protein is a hot topic on the Internet and in the Gym. It is a topic that is widely discussed

You actually can have too much protein. Unfortunately, the body does not store protein. Instead

An overdose of protein can lead to ketosis. Ketosis means that there are too many ketones in the

So, how much protein do you need? How can you be sure that you aren't over doing it? As an athlete

The protein that you take in can come directly from food, or from protein supplements, however

You see, your body needs solids and liquids. It is true that liquid protein is easier for the

Again, bodybuilders do need more protein than sedentary people, and even more than some other

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