Soy Protein May Be Better Than Whey

COLLEGE STATION, TEXAS – In a recent study by Brown, Diselvestro, Babaknia, and Devor, soy protein bars demonstrated the same effects on exercisers’ bodies as whey protein without reflecting the same negative side effects.

In the study, exercisers where given similar workout plans and were told to take the protein supplements given to them daily. Part of the group was given soy protein and the other part was given whey protein. The study took place over the length of nine weeks.

When the study was over, both proteins had helped increase lean muscle mass almost equally. The only difference in the two proteins was that the soy had the added benefit of preserving two aspects of antioxidant function.

Another added bonus when deciding which protein to use is that soy protein is significantly less expensive than whey protein.

These protein supplements can be purchased at any vitamin or health food store and at most grocery stores.

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