



## Is spending all that money on protein supplements really worth it?

Protein powders have been consumed as post-workout supplements for decades among the bodybuilding community as well as with general athletes hoping to improve their lean body mass and quicken their muscular recovery. Over the past few years, chocolate milk has been more frequently marketed as the “ideal” post-workout beverage. Although protein supplements and chocolate milk have been shown to improve muscle recovery and strength after exercise, it is relatively unknown which is “better”.

The purpose of this study is to understand the effects of consuming a protein supplement compared to chocolate milk immediately after bouts of resistance training on muscular strength and body composition.

### You may be able to participate in this study if you ...

- Are a healthy individuals between the ages of 18 and 35
- Are presently working out at least 3 times per week
- Are capable and willing to commit to participate in a scheduled supervised resistance training program 4 times per week for 9 weeks from July to September at the Wellness Institute (1075 Leila Avenue)
- Have not been using any sport supplements (e.g. creatine) for the past 2 months

### How you can benefit from participating:

- Free supervised resistance training program
- Free post-workout beverages
- See personalized data on how your biochemistry, body composition, and strength change with nutritional intake and resistance training
- Learn the importance of post-workout nutrition

**For more information, contact:**

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