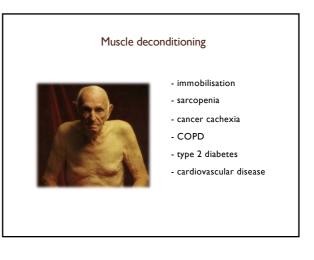




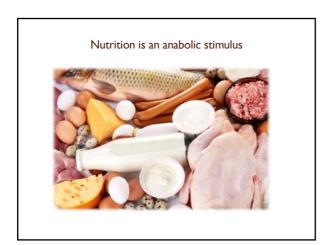
## Fractional muscle protein synthesis 1-2 % per day (0.04 - 0.14 %·h<sup>-1</sup>)



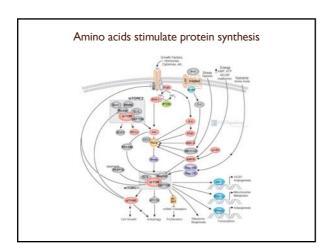


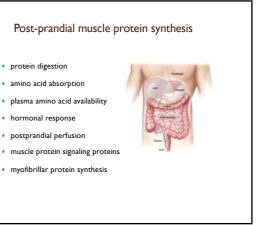
Muscle maintenance

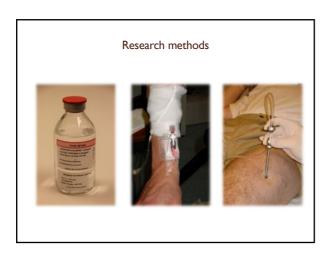
Main anabolic stimuli



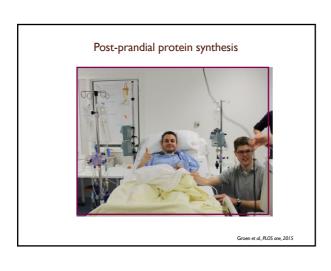


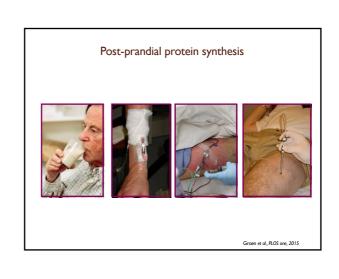


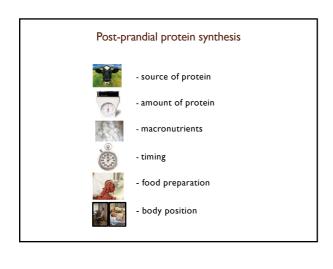


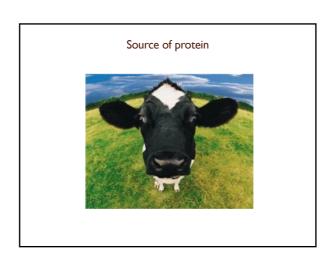


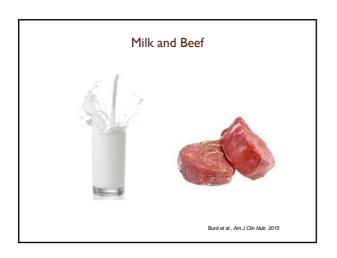


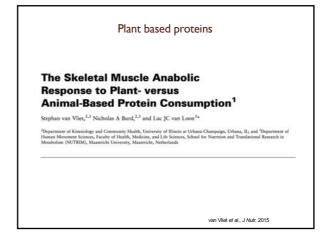


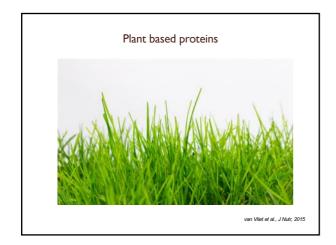


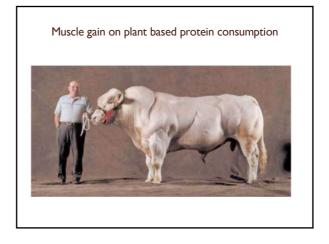


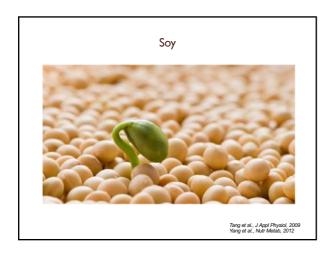




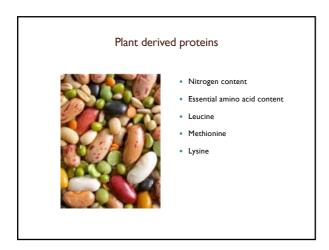


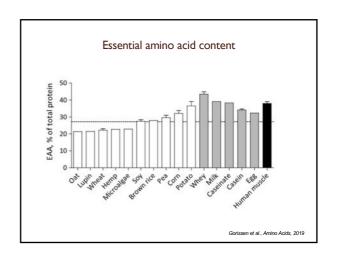


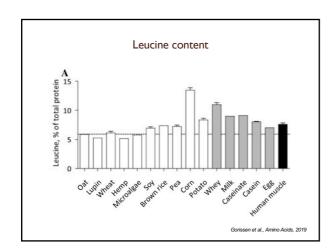






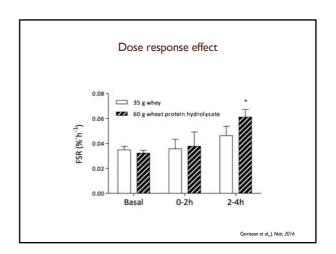


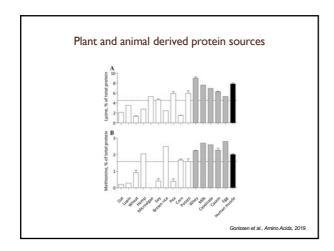


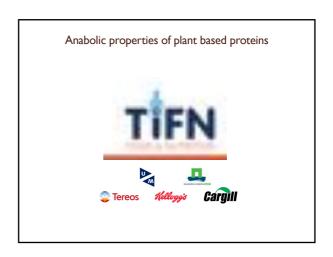


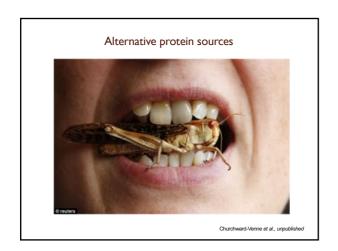


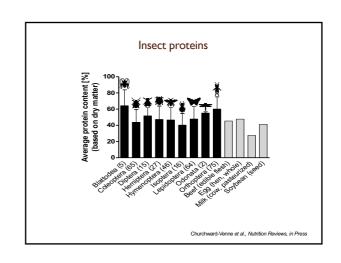
	IIIIai uci ive	d protein so
Source	Leucine (%)	Protein per mea
Plant derived p	rotein sources	
Corn	12.2	28
Rice	8.2	43
Soy	8.0	44
Pea	7.8	44
Oat	7.7	45
Quinoa	7.2	49
Wheat	6.8	51
Potato	6.0	58
Animal derived	protein sources	
Whey	13.6	25
Bovine Milk	10.9	32
Casein	10.2	34
Beef	8.8	39
Egg	8.5	41
Cod	8.1	43

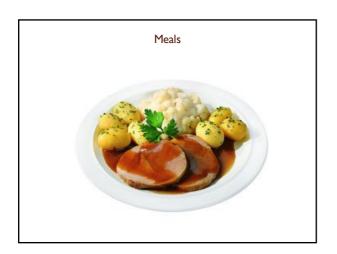












## Conclusions Protein ingestion stimulates muscle protein synthesis rates Differences in anabolic properties of protein sources Anabolic properties of amino acid and protein mixtures





