

Product: 50/50 Formula-X

Class: Protein

Serving Size: 2 lb container 25 servings; 5 lb container 64 servings

Product Summary: Milk is made of two proteins; casein and whey. 50/50 Formula-X protein powder is a unique blend of whey protein isolate and micellar casein protein. This formulation delivers fast absorbing protein and slow absorbing protein, making it a versatile protein that can be consumed throughout the day or post-workout. Add Cluster Bomb to our protein to gain the benefits of fast absorbing carbs as well.

Ingredient details:

Whey protein isolate is one of the 3 types of whey protein (hydrolysate and concentrate are the remaining two). Whey protein isolate is processed to remove all the fat and lactose. Whey protein isolate is usually at least 90% protein versus 30%-90% contained in whey concentrate. While all three forms of whey protein have their benefits, whey isolate is the purest of the three and is the most complete. It contains all essential amino acids that your body needs to repair muscle after a workout. Because essential amino acids are not made by our bodies we must look to food and supplements to get these nutrients. Failing to get these in our diets may result in muscle loss and problems with repair. To reduce tissue damage and increase performance, it is important to get essential amino acids into our diets. Whey protein isolate can be easily digested by your body, which means it will be absorbed and processed quickly.

Micellar casein is recognized as the highest grade and most effective slow digesting protein available. It is actually the properties of the casein micelle that creates the ability for the protein to form a clot in the stomach, which yields a slow and steady release of amino acids into the small intestine for absorption into the blood stream. The clot in the stomach is what slows down the rate of gastric emptying, which affects the rate at which amino acids are absorbed into the blood stream. Much like whey protein, there are numerous standard choices when it comes to casein supplements: milk protein, calcium caseinate or micellar casein, with micellar being the most recommended.