

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THE BENEFITS OF CONSUMING PROTEIN



WHY IS PROTEIN IMPORTANT?

Protein is a compound comprised of chains of smaller molecules known as amino acids, and it's the basic building block of your body.

Your tissues such as muscles, ligaments, tendons, hair, organs, and skin as are all made from proteins, and so are hormones, enzymes, and various chemicals essential to life.

Your body needs 21 amino acids from proteins. The body can naturally produce 12 of these, but it gets the remaining 9 from the food you eat.

The nine "essential amino acids" are phenylalanine, valine, threonine, tryptophan, methionine, leucine, isoleucine, lysine, and histidine.

HOW MUCH PROTEIN SHOULD YOU EAT?

The amount of protein you eat depends on your goals.

01. Eat Protein to Build Muscle

You already know that exercise increases the body's demands for protein, but by how much?

Well, according to a [study](#) conducted by scientists from McMaster University, protein intake of 0.6 to 0.8 grams per pound of body weight is adequate for maximizing protein synthesis.

So, my standard advice for protein intake when [bulking](#) is 0.8 to 1 gram of protein per pound of body weight.

02. Eat Protein to Lose Weight

Although you might say you want to lose weight, what you really want to do is lose fat (and not muscle). And when that's the goal, the research is crystal clear: a high-protein diet is far better for both [losing fat faster](#) and [preserving muscle](#). I recommend you eat 1 to 1.2 grams of protein per pound of bodyweight when cutting.

THE BOTTOM LINE ON HOW MUCH PROTEIN YOU SHOULD EAT

If you never read another article on protein intake again, you'll do just fine. There just isn't much else to it.

Sure, [eating protein after a workout is advisable](#) (and easy to do, so why not), but not vital. Whey protein and other powders are convenient but not necessary. Eating protein every few hours is no better for building muscle or losing fat than eating it 2 or 3 times per day.

So long as you hit your daily protein target and stick to high-quality sources, you can't really screw up.

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