



92 Protein Blend

General Health
Busy Lifestyles
High Protein Diets

Athletes
Night use
Enhanced Filtration Process (EFP)

In developing 92 Protein Blend, Musashi has combined the benefits of four different protein sources together in a high protein, low carbohydrate product ideal for anyone wanting to increase their protein intake without increasing carbohydrate and fat levels.

High Protein Diets

92 Protein Blend is great for those on high protein diets! Increasing protein levels increases your metabolism and this is one reason for the recent popularity of high protein diets. The body requires more energy to digest protein than other foods (thermic effect) and as a result you burn more calories after a protein meal..

The WHO suggests that we consume 0.8g per kg of protein daily as a minimum for health, however those active in sports and exercise programs may need from 1.2 to 2.0 g per kg everyday.

Busy people under stress also require more protein. This can be a bit hard to achieve from the average diet without using a supplement.

The Taste Test

92 Protein Blend uses ice-cream flavours and natural emulsifiers to produce a great tasting, creamy product with no bitter aftertaste commonly associated with protein shakes.

EFP - A Musashi Innovation

Musashi Protein Powder formulations are all filtered using Enhanced Filtration Process, which produces final protein compositions which retain optimum purity and quality. The filtered proteins are then enhanced by the addition of Essential Amino Acids and Branch Chain Amino Acids. By adding free form amino acids, the amount of available protein nutrients for recovery is increased, as is the speed of nutrient delivery to the bloodstream

Casein and Whey

Whey and Casein can be compared in a similar sense to the way we understand low and high glycaemic carbs; the biggest difference between



these two is their rate of absorption.

Whey is absorbed faster than Casein, making it a good protein to use after your work out. Casein protein has a slower release. It is like a 'drip feed' watering system for your muscles. Dr. Boirie has conducted two studies (1997, 2001) in which he demonstrates the importance of Casein's ability to "precisely regulate the release of amino acids into the bloodstream at a steady pace". This is unlike Whey, which is "express delivered" to the muscle at

maximum speed.

Boirie also found that Whey affected a 68% increase in protein synthesis while Casein only managed 31%. The "rise in blood amino acids with Casein was much smaller, and it took 3-4 hours."

While Whey exhibited no significant anti-catabolic properties, Casein reduced whole-body protein degradation by 34%. In a nutshell, while Whey is a great protein for increasing protein synthesis, it's not as effective for preventing muscle breakdown. Casein is not as effective in promoting protein synthesis, but it's much more effective at preventing muscle wasting. Calcium caseinate also contains over three times the levels of Calcium as Whey, making it a valuable addition in your 92 Blend shake.

Great for Night-Time

Casein is therefore a good protein for use during the day if your meal times are far apart and especially at night before bed. This long break between the evening meal and breakfast can result in muscle catabolism in the serious bodybuilder. In the past, athletes even woke up at 2 am to consume their protein shake! No such need to worry with this Musashi product, consume it before bed and relax!.

By combining Whey and Casein proteins Musashi has created a product that produces an immediate delivery of proteins to the muscle tissue to promote growth and recovery, together with a 'follow up' effect of the casein to maintain your gains.

Good for Women

Soy Protein is a unique source of isoflavones. It has been shown to be beneficial for women's health and has recently endorsed by the FDA as having benefits for cholesterol reduction.

Essential Amino Acids and BCAAs

By fortifying this formulation with BCAAs and Essential Amino Acids we ensure the immediate saturation of tissue requiring these nutrients. These are extremely important for the active individual, and the serious athlete. Adequate essential amino acids, which form structural proteins, are vital for virtually everything from healthy muscles, ligaments, tendons, organs, glands, nails, hair and most body fluids.

92 Protein Blend Chocolate	Average Quantity	Average Quantity
	per serve	per 100g
Energy	503kj 120 cal	1676kj 401 cal
Protein	27.1g	90.3g
Carbohydrate	0.4g	1.4g
<i>sugar</i>	0.1g	0.1g
Fat	0.6g	1.9g
<i>saturated</i>	0.3g	1.1g
Sodium	45mg	150mg

servings per package:

400g = approx. 13 serves

900g = approx. 30 serves

1.9kg = approx. 63 serves

92 Protein Blend Strawberry	Average Quantity	Average Quantity
	per serve	per 100g
Energy	503kj 120cals	1676kj 401 cal
Protein	27.8g	92.5g
Carbohydrate	0.1g	0.1g
<i>sugar</i>	0.1g	0.1g
Fat	0.4g	1.4g
<i>saturated</i>	0.2g	0.8g
Sodium	54mg	180mg

92 Protein Blend Vanilla	Average Quantity	Average Quantity
	per serve	per 100g
Energy	507kj 121 cal	1690kj 404 cal
Protein	27.8g	92.8g
Carbohydrate	0.1g	0.1g
<i>sugar</i>	0.1g	0.1g
Fat	0.5g	1.5g
<i>saturated</i>	0.2g	0.7g
Sodium	51mg	170mg

Ingredients:

92 Protein Blend Chocolate: Instantised Whey Protein Isolate, Instantised Calcium Caseinate, Hydrolysed Whey Protein Isolate, Instantised Soy Protein Isolate, Essential Amino Blend (L-Lysine, L-Histidine, L-Leucine, L-Arginine, L-Isoleucine, L-Valine, Glycine, L-Tyrosine, L-Threonine, L-Methionine), Cocoa, Milk Solids, Flavour, Xanthan Gum, Guar Gum, Sucrolose

92 Protein Blend Strawberry: Instantised Whey Protein Isolate, Instantised Calcium Caseinate, Hydrolysed Whey Protein Isolate, Instantised Soy Protein Isolate, Essential Amino Blend (L-Lysine, L-Histidine, L-Leucine, L-Arginine, L-Isoleucine, L-Valine, Glycine, L-Tyrosine, L-Threonine, L-Methionine), Milk Solids, Xanthan Gum, Guar Gum, Flavour, Natural Colour, Sucrolose

92 Protein Blend Vanilla: Instantised Whey Protein Isolate, Instantised Calcium Caseinate, Hydrolysed Whey Protein Isolate, Instantised Soy Protein Isolate, Essential Amino Blend (L-Lysine, L-Histidine, L-Leucine, L-Arginine, L-Isoleucine, L-Valine, Glycine, L-Tyrosine, L-Threonine, L-Methionine), Milk Solids, Xanthan Gum, Flavour, Guar Gum, Sucrolose

References:

Boirie Y, Dangin M, Gachon P, Vasson MP, Maubois JL, Beaufriere B. Slow and fast dietary proteins differently modulate postprandial protein accretion. Proc Natl Acad Sci U S A 1997 Dec 23;94(26):14930-5

Dangin M, Boirie Y, Garcia-Rodenas C, Gachon P, Fauquant J, Callier P, Ballevre O, Beaufriere B. The digestion rate of protein is an independent regulating factor of postprandial protein retention. Am J Physiol Endocrinol Metab. 2001 Feb;280(2):E340-8.