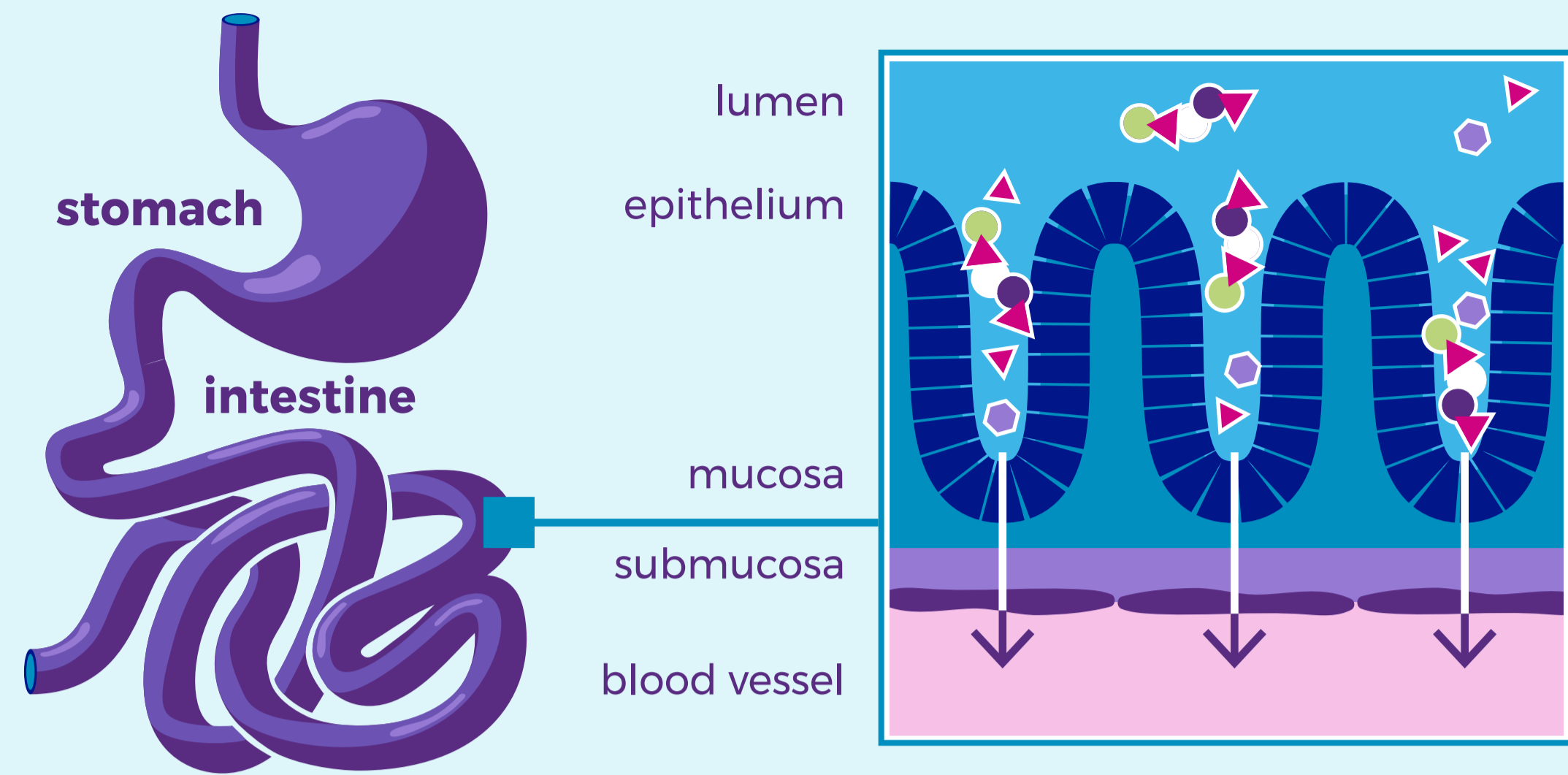
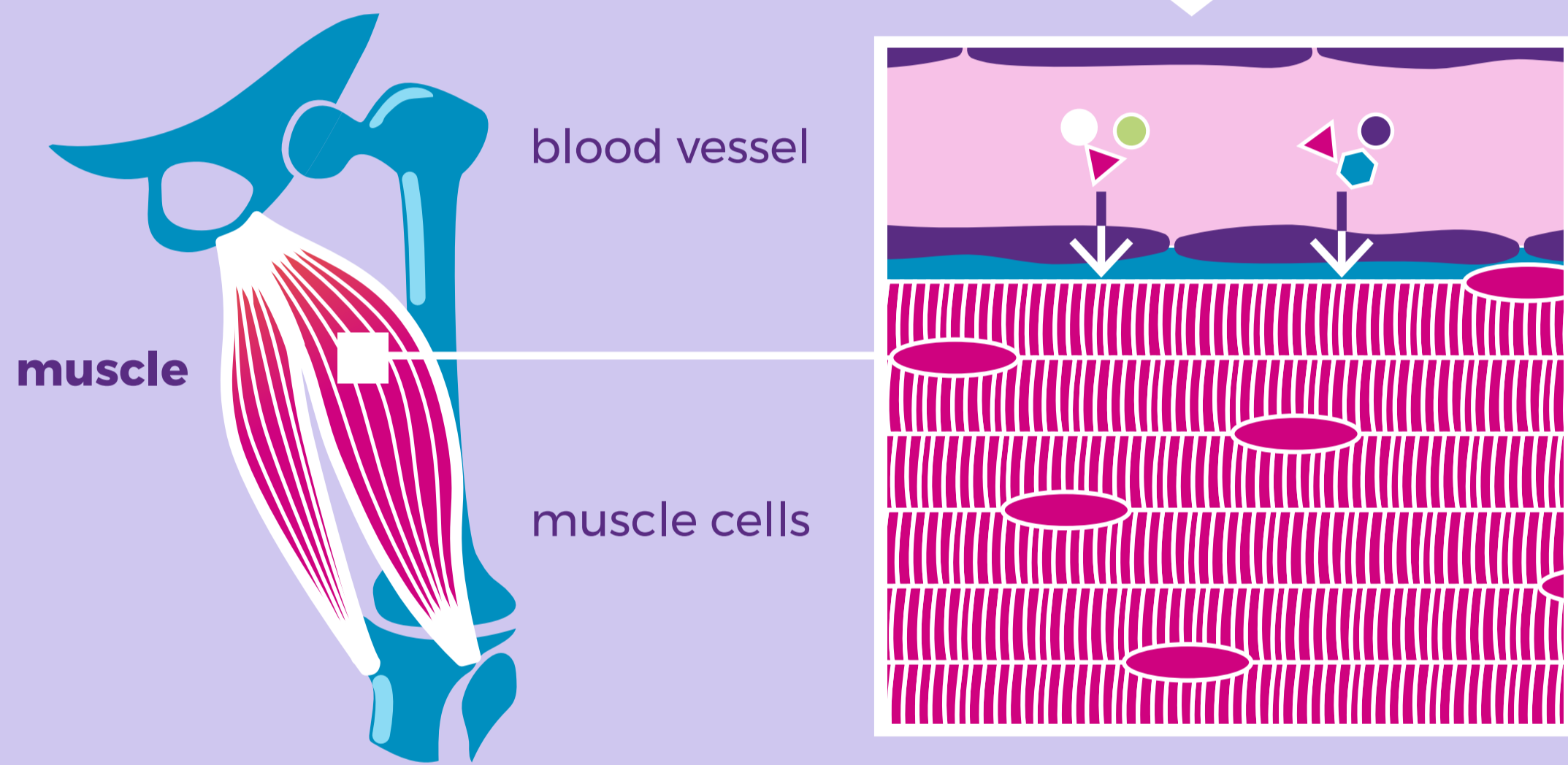


Anabolic mode of action of the muscle building nutrients whey protein, leucine, vitamin D

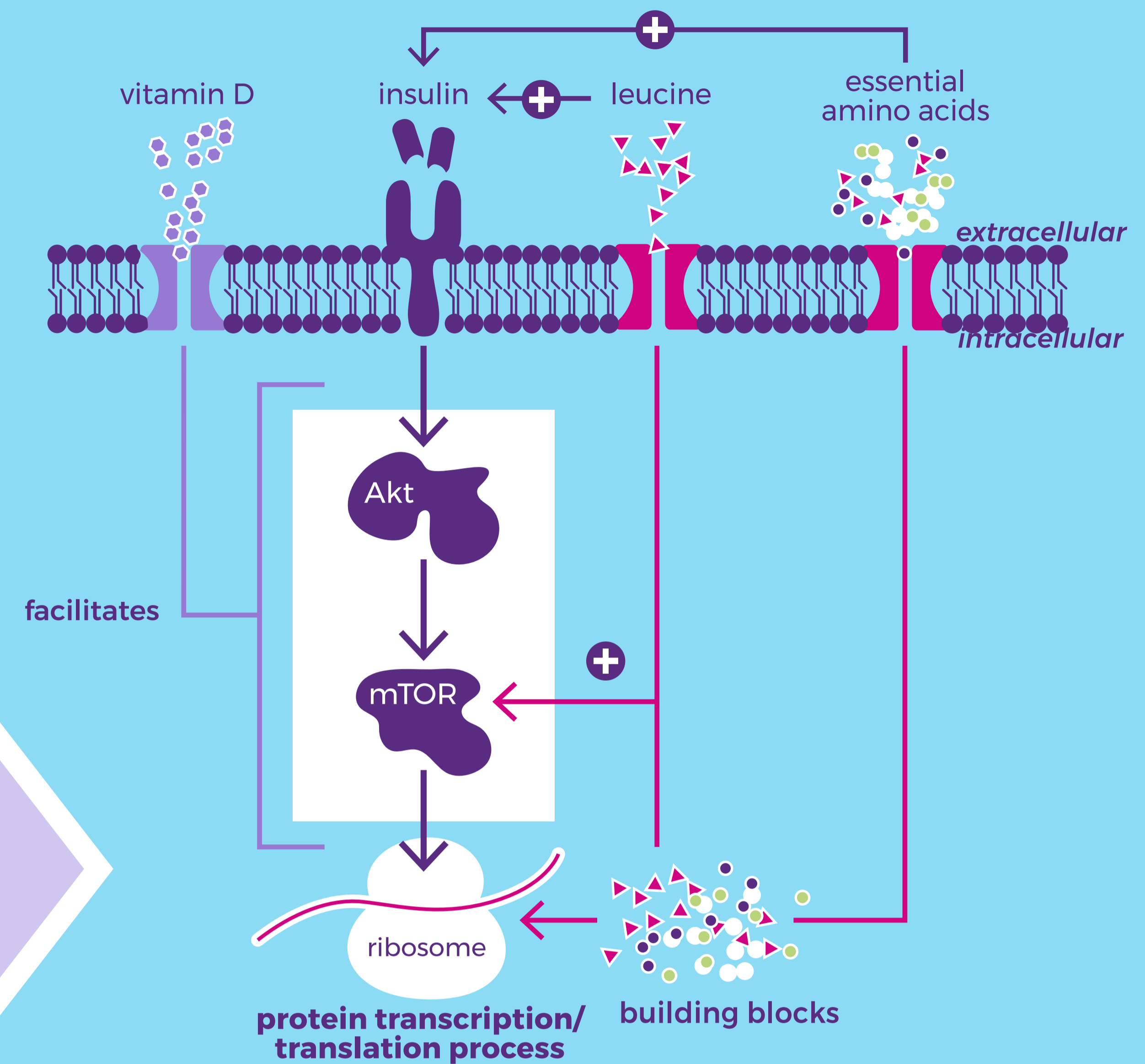
1. Fast digestion and absorption



2. High amino acid bioavailability for muscle



3. Anabolic processes in muscle cells

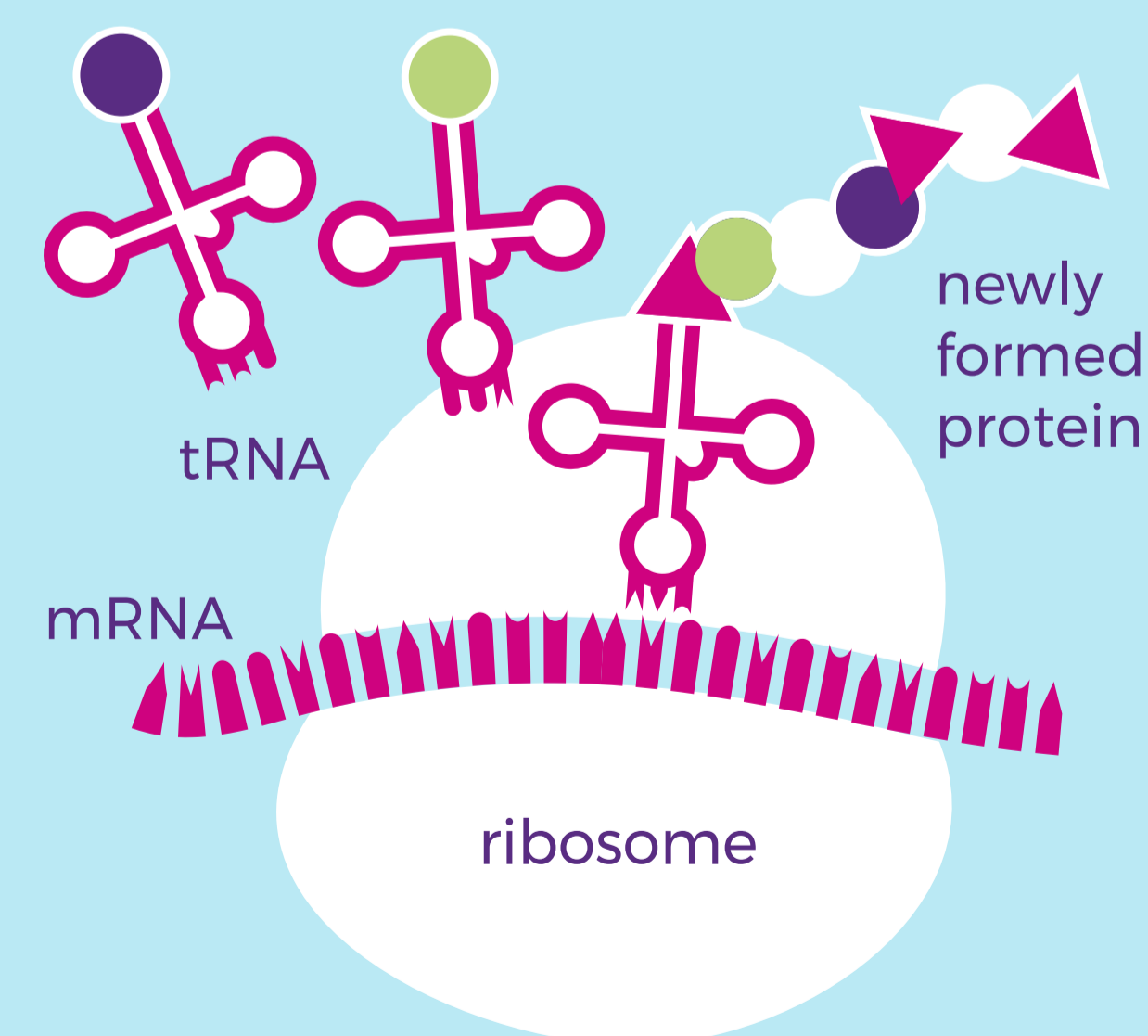


Legends:

muscle building nutrients

	whey proteins		essential amino acids
	vitamin D		leucine
	insulin		insulin receptor
	transport channels		stimulating effect

4. Increased muscle protein synthesis



5. Increased muscle mass

