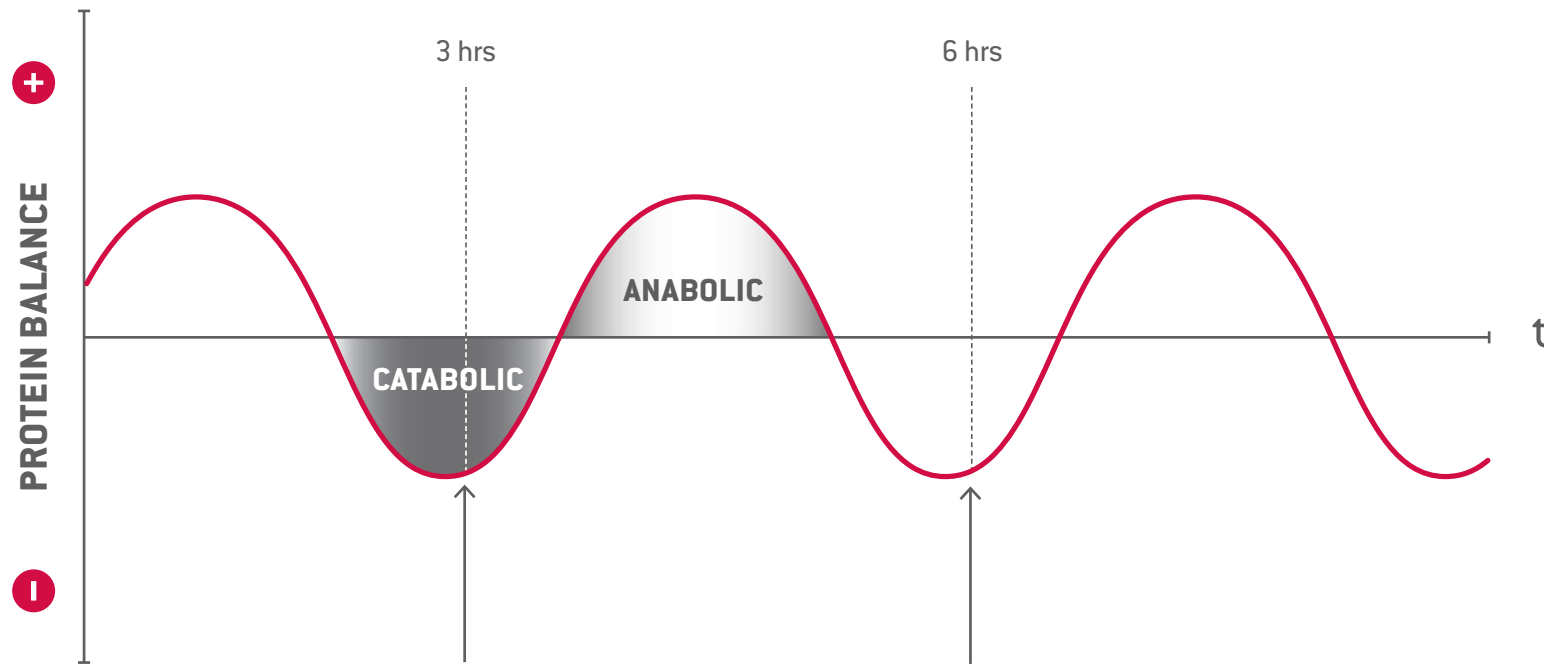




## PROTEIN SYNTHESIS



 **approx. 25 g protein**  
within 30 min after  
the end of the workout

 **approx. 25 g protein**  
next dose 3 hrs later