



Soy Protein and Exercise

Soy protein may help both casual and professional athletes.

Protein: A Necessary Nutrient

Protein in conjunction with exercise plays a major role in building and maintaining muscle tissue. Those who exercise may need more protein – up to 2.0 grams per kilogram body weight. Consuming soy protein found in products such as GNC Pro Performance Protein 95® EAS Advantage® ready-to-drink beverage or Maximum Human Performance (MHB)[™] protein bars are an easy and convenient way for athletes to ensure they are getting an adequate amount of protein in their diet.

Protein Quality

Soy protein is a high-quality, complete, plant-based protein that is equal in protein quality to meat, milk and eggs. For individuals exercising, training and building muscle, soy protein can be used as a source of high quality protein to help satisfy the higher need for protein during muscle-building, and provide the necessary essential amino acids for physical and muscular development. In fact, soy protein has the highest possible Protein Digestibility Corrected Amino Acid Score for a protein (1.0), which is a measure of protein quality.

