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Empowered Education

FOR FITNESS PROFESSIONALS
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Functions & Benefits of PROTEIN

Builds & repairs tissues

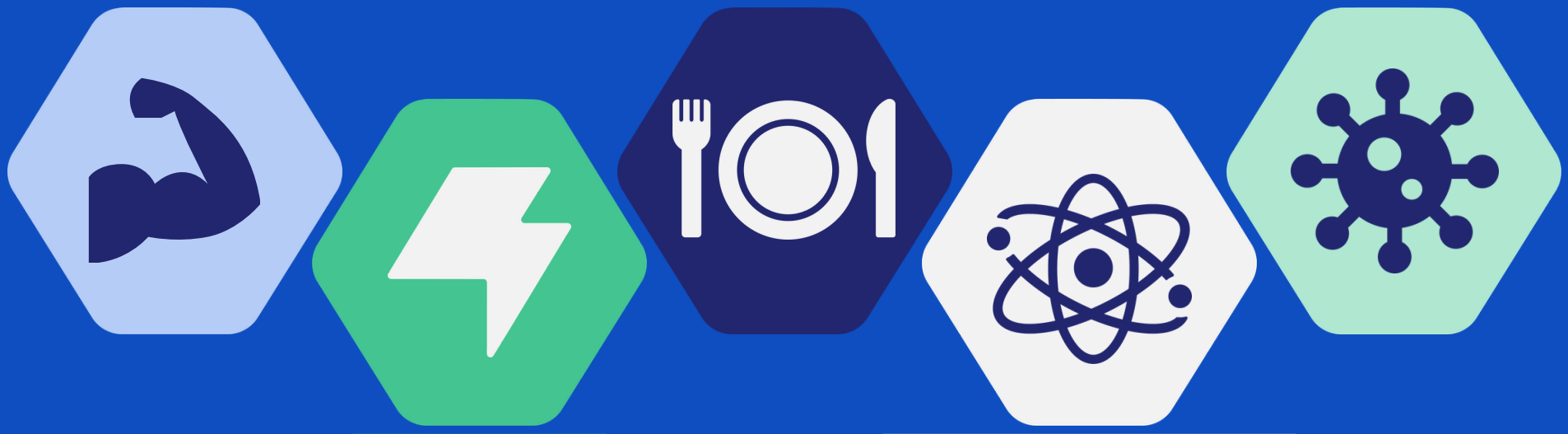
Major structural component of all cells in the body that supports growth & healing of muscles, bone, skin, & nails.

Appetite & satiety regulation

Increases satiety hormones (e.g., GLP-1, PYY, & CCK), improving appetite control and promoting fullness.

Supports immune function

Needed to produce antibodies and other components that help the body fight illness and support recovery from wounds and infections.



Supports metabolism

Increases calorie burn due to its higher thermic effect (more energy needed for digestion).

Preserves lean muscle mass, which increases resting metabolic rate.

Forms enzymes & hormones

Building blocks for enzymes & hormones responsible for regulating metabolism, digestion, growth, energy balance, mood, & more.

References:

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2. Moon J, Koh G. Clinical Evidence and Mechanisms of High-Protein Diet-Induced Weight Loss. J Obes Metab Syndr. 2020;29(3):166-173. doi:10.7570/jomes20028
3. Wycherley TP, Moran LJ, Clifton PM, Noakes M, Brinkworth GD. Effects of energy-restricted high-protein, low-fat compared with standard-protein, low-fat diets: a meta-analysis of randomized controlled trials. Am J Clin Nutr. 2012;96(6):1281-1298. doi:10.3945/ajcn.112.044321
4. Santesso N, Akl EA, Bianchi M, et al. Effects of higher- versus lower-protein diets on health outcomes: a systematic review and meta-analysis. Eur J Clin Nutr. 2012;66(7):780-788. doi:10.1038/ejcn.2012.37

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