

Just when you thought casein was old news . . .
think again!

Micellar Casein

MICELLAR CASEIN IS CASEIN IN ITS PUREST FORM.

Micellar Casein is *undenatured* casein, as opposed to acid casein, rennet casein, or caseinates.

According to Brian Batcheldor, world class powerlifter, author, and noted expert in ergogenesis, research on dairy proteins has uncovered some very amazing facts. One of these is that when it comes to preventing muscle breakdown, whey may not be the superior protein, as many felt it was.

In the search for “the ideal protein” a significant study was done by Dr. Yves Boire. In this experiment labeled leucine was infused into lactating cows and its path was followed after it was separated into labeled casein and labeled whey protein and fed to humans. Micellar undenatured casein was utilized in the study.

THE RESULTS OF THE STUDY UTILIZING MICELLAR CASEIN WERE:

- Casein was found to be the only protein that was anti-catabolic and prevented muscle breakdown. Whole body protein breakdown was inhibited 34% after casein ingestion but not after whey protein ingestion.
- Whey protein produced a dramatic but short increase in plasma amino acids.
- Casein produced a prolonged plateau of increased plasma amino acids, thus producing the best nitrogen retention and utilization.

BIOACTIVE MILK PEPTIDES - According to Batcheldor, Micellar Casein has additional added value in that it produces a higher content of bioactive milk peptides such as glycomacropeptides and casomorphins. These are substances which affect crucial physiological functions and modulate many regulatory processes. Glycomacropeptides are antimicrobial and also help control digestion. Casomorphins not only act as analgesics but have ability to control diarrhea. Higher levels of these bioactive milk peptides may reap a multitude of additional physiologic benefits.

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