



WHEY PROTEIN

Introduction

Whey protein is not something new and has been available for hundreds of years to individuals who valued the role of a nutritious diet in achieving optimal health. During the last 15-20 years the value of whey protein has become more widely known, especially in the area of sports nutrition. More recently, whey protein has been singled out as a super-star ingredient for other types of products including ones formulated for weight loss, infant nutrition and immune support. To learn more about whey protein and why it should be part of your regular diet program please click on any of the following questions.

How is whey protein made?

Whey protein is a co-product of the cheese making process. Listed below is a brief description of the steps involved in making BiPro pure whey protein isolate.

1. Fresh milk is tested, approved by Quality Assurance experts and pasteurized.
2. The casein, or "curd", and a portion of the milk-fat are separated out to make cheese.
3. The remaining liquid whey goes through a series of fine, specialty filters to separate the whey protein from the lactose and other ingredients in the liquid whey.
4. Concentrated liquid whey enters an ion exchange tower to further concentrate and purify the whey protein. Ion exchange is a gentle process and does not denature, or "break down", the whey protein.
5. Next, the product enters a drying tower to remove water.
6. The final step is to package the pure whey protein isolate powder into various size containers for use.

Why do I need protein?

Protein is an important nutrient needed by everyone of a daily basis. It is made up of essential and non-essential amino acids, which are the "building blocks" for healthy bodies. Protein has a number of different roles in the body including the following:

- * Repair body cells
- * Build and repair muscles and bones
- * Provide a source of energy
- * Control many of the important processes in the body related to metabolism

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Whey protein is a high quality, complete protein, with all the essential amino acids. Whey protein is also the richest known source of naturally occurring branched chain amino acids (leucine, isoleucine and valine). These are important for active individuals, individuals who exercise and professional athletes. The body requires higher amounts of branched chain amino acids during and following exercise as they are taken up directly by the skeletal muscles versus first being metabolized through the liver, like other amino acids. Low BCAA levels contribute to fatigue and they should be replaced in one-hour or less following exercise or participation in a competitive event. Many athletes consume a BiPro beverage both before and immediately after exercise or an event to help repair and rebuild lean muscle tissue.

There may be a major difference in the quality of whey protein based upon the following factors:

- * Source of Milk
- * Production Method
- * Type of Cheese Produced
- * Individual Manufacturer Specifications
- * Added Ingredients

Is whey protein safe for pregnant women and children?

Whey protein is a complete high quality protein and should be an acceptable protein source for healthy pregnant women and children, provided they are not allergic to dairy proteins. The second most abundant component in whey protein is alpha-lactalbumin, which is one of the main whey proteins in human breast milk. Infant formulas often contain whey protein, including special formulas for premature infants. Prior to taking whey protein, both pregnant women and parents of young children should consult a physician to be sure whey protein is right for them.

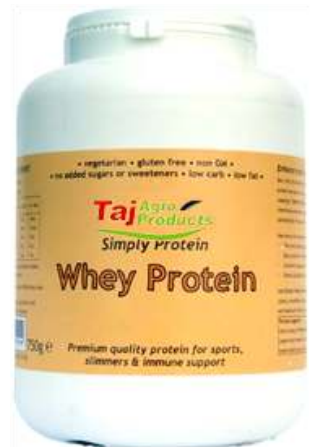
Protein foods are not equal and can vary in a number of ways including the following:

- * Number and quantity of essential amino acids
- * Digestion and absorption rates
- * Fat content
- * Taste
- * Purity

related to whey protein powder

whey protein isolate	100 whey protein powder
calories whey protein	organic whey protein powder
egg protein powder	best protein powder

whey protein is an excellent choice for vegetarians who include dairy products in their diet.



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