

When to Take Your Protein, Creatine & Glutamine

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Whey Protein

The best times to take ANY protein drink or protein supplements are as follows. I've listed them in order of importance, so based upon your affordability, start at the top of the list and work down.

1. Most important time to take whey protein is right after a workout.

Your muscles are like a sponge and need instant nutrition for muscle recovery and growth.

2. Right before bed.

You're about to sleep for 6 to 8 hours. That's a long time without protein. Could you imagine going throughout your day (when awake) not eating 6 to 8 hours? Don't let your body starve overnight. Feed your muscles and let your metabolism run all night long – building muscle while you sleep. Right before bed is important.

3. Right upon waking.

Same thing, you've just gone 6 to 8 hours without proper nutrition. Your body needs protein quick.

4. Half hour before a workout.

This sets up the “anabolic window” before your workout and provides your muscles with adequate nutrition so that the effects of weight training (weight training breaks down muscle—called catabolic) are not as severe.

These are the best times for protein. It can be regular whole food or protein supplements, again, based on your affordability, however, your post-workout protein drink should be a whey shake as whey protein is absorbed quickly. Protein supplements may be better than whole food in these times because its digested quicker. But start at the top and work down.

If you can afford 4 servings, you'll really notice the difference in muscle gains and fat loss.

Creatine

Creatine is best taken 1/2 hour or so BEFORE a workout and again RIGHT after a workout.

What I do is take a creatine/juice/protein drink about a half hour before a workout and then another shake or P90X Recovery Drink right after.

This “bracketing” technique helps set up an anabolic (muscle-building) state for your muscles and helps prevent muscle breakdown from a workout (catabolism).

Other than these 2 opportune times, you can add another creatine serving or two any time throughout the day.

I usually recommend 25 to 30 grams of creatine on a loading phase and 10-20 grams a day on a maintenance phase.

Glutamine

Definitely take glutamine right before bed.

This is where the overwhelming research shows the value of glutamine raising Growth Hormone levels significantly by taking 5 grams before bed. Also, another great time is upon waking, when your muscles have been without significant nutrition for up to 6-8 hours. Another good time for glutamine is about a half hour or hour after working out. This helps in the recovery/recuperation process from demanding workouts.