

The background is a solid teal color. It is decorated with several white line-art molecular diagrams. These diagrams consist of circles of varying sizes connected by thin lines, representing atoms and bonds. They are scattered across the top and bottom of the page, framing the central text.

**THINK
DIFFERENTLY
ABOUT
PROTEIN**

UNDERSTANDING PROTEIN AMINO ACIDS AND BRANCHED-CHAIN AMINO ACIDS

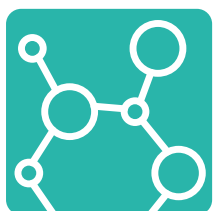
Prof. Philip Atherton

Renowned academic, Professor Philip Atherton hosted an educational webinar for clinical nutrition professionals, where he discussed the importance of protein quality. Particular focus was given to the role of essential amino acids and branched-chain amino acids and the important role they play when feeding the patient. This brochure sets out to highlight the key learnings, which in turn challenge us to think differently about protein.



The Window of Opportunity

- There is a short-term response to the delivery of dietary protein. The window of opportunity for stimulating MPS is thought to be approximately 2-3 hours. After this point the muscle becomes unresponsive, and additional dietary protein will not further increase MPS. This is termed 'muscle full'.



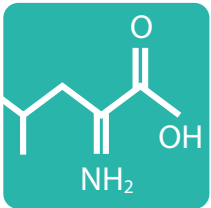
Essential Amino Acids & Leucine

- Research has found that leucine alone stimulates MPS in the absence of any other amino acids, and can overcome substantive differences in protein dosing.
- The exact dose of leucine needed to stimulate MPS is unclear and may be population specific, however 1.2g has been shown to induce very robust stimulation.
- Whilst leucine provides an important signal for driving the anabolic response, ultimately all other essential amino acids at the right levels are also required to support MPS.



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Protein Quality

- Protein quality is a measure of essential amino acid composition, compared to a reference pattern, and absolute digestibility of a protein.
- There are several ways in which protein quality can be measured, one of which is PDCAAS.
- It can be difficult to find protein quality values for everyday foods, however as the importance of protein is being increasingly recognised, more clinical nutrition companies are reporting on the PDCAAS scores of their products, and it is important to consider these.



Scan here to watch the webinar



HOW DOES PROSOURCE COMPARE?



Direct ENFit connection

Offers a simple, effective solution which saves on nursing time

20g protein

- Provides maximal stimulus for MPS
- One bolus ensures protein intake is within the “window of opportunity” to induce MPS
- Optimises protein provision when opportunities to feed may be limited

≥1.1g of leucine

Similar levels are shown to stimulate robust MPS

All essential amino acids

Present at the right levels - important in addition to leucine to support MPS

High acceptability & tolerance

Hydrolysed protein & low electrolytes

77% less plastic

Presented in a versatile 60ml recyclable cup, ProSource 20 uses 77% less plastic than a 60ml plastic shot bottle*.



*Based on average 60ml shot bottle weight of 18.2g and ProSource 20 cup weight of 4.1g.

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