



Press release

Why a normal protein shake is no longer enough

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In the dynamic field of sports nutrition and health care, a new question has arisen: is the conventional protein shake still enough to provide our bodies with optimal nutrition? Some experts say no and are shifting the focus to amino acids, the true building blocks of life.

Proteins, also known as albumen, are essential for building bones and muscles and for healing wounds. But without amino acids – the smallest units of proteins – none of these functions would be possible. In addition to water, the human organism consists mainly of these complex compounds, which are not only essential for tissue formation, but also for the synthesis of hormones and neurotransmitters.

The classification into essential and non-essential amino acids determines which of the 20 proteinogenic amino acids the body can produce itself and which it must absorb through food. During digestion, proteins are broken down into these amino acids and absorbed in the small intestine – a crucial step for protein biosynthesis in our cells.

The quality of the proteins in our diet plays a major role: complete proteins contain all the essential amino acids, while incomplete proteins must be combined to achieve a complete amino acid profile.

But why are protein shakes no longer enough? They contain isolated proteins that the body first has to break down, whereas free amino acids can be absorbed immediately. Supplementing amino acids can provide useful support, especially for athletes, vegetarians or vegans.

EAA and BCAA are two different types of dietary supplements available on the market. While BCAAs only contain three essential amino acids, EAAs provide all eight and are therefore more effective.

The role of cofactors such as vitamin B6 should also not be underestimated. This vitamin is essential for the conversion of amino acids and should be included in every EAA product.

Our recommendation: Make sure that you take all the essential amino acids and use bioactive vitamin B6 in the form of pyridoxal-5-phosphate. The best time to take amino acids is directly before, during or after training – away from meals so as not to impair absorption.

With this new insight, science is moving closer to an optimized diet that takes our physical performance and health to the next level.

You can also find out more about this topic at

<https://mitocare.de/blogs/wissensblog/grundbausteine-aminosaeuere-wissen>.



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About MITOcare

"Everyone deserves to be healthy".

This statement embodies the credo of MITOcare, the innovation driver in the micronutrient and functional food segment. In product development, we attach great importance to using raw materials of natural origin and bioactive substances as far as possible.

We produce in the DACH region, which contributes to a sustainable economy.

Founded in 2013, MITOcare is headquartered in Munich and currently employs around 50 people. The company is also a member of the Association of Medium-Sized European Manufacturers and Distributors of Food Supplements & Health Products (NEM). Further details about us, our philosophy and products can be found at www.mitocare.de.