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All about Whey Protein and Its Side Effects by Julia Roger

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Proteins constitute one of the most essential nutrient of a human body. They are found in every activity of the cell. Their core responsiblity is to check, enhance and maintain the growth of the human body. They are of primary importance in bodybuilding and sports. Amino acids are the building blocks of proteins which help in the repair of the damaged tissue, and building new muscles and tissues.

Whey protein is a type of protein which is derived from milk. It is a by-product of cheese manufacture process. The globular proteins that are separated from Whey are called as Whey protein. Their are 2 types of Whey protein: Concentrate and Isolate. This protein is mainly used as a dietary supplement which helps in increasing the lean muscle mass, decreasing the recovery times, reducing the post workout strain and increase in metabolism rate.

Although whey proteins have a lot of advantages, there are a few disadvantages as well. The biggest disadvantage is it being Lactose intolerant, as a result of which people may develop flatulence, abdominal cramps, bloating, diarrhoea and nausea. In this case, one should take Isolate version instead. Ketosis is one of the whey protein side effects. The levels of ketene bodies will be high in the blood which results in liver damage. Kidney damage and kidney stones are other side effects. Osteoporosis is anew possible disadvantage of coming Whey Protein, but this is yet to be confirmed

Excess use of anything is harmful. Therefore, consultation with a doctor is very important before deciding on any dietary supplement.

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