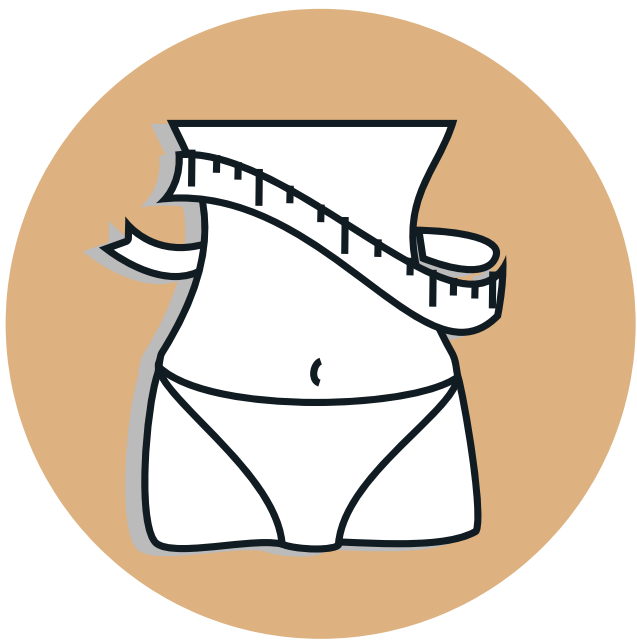


THE BEST TIME TO TAKE WHEY PROTEIN

Whey protein is beneficial at any time of day, but you can strategize your timing to maximize results.

IN THE MORNING



TO LOSE WEIGHT

Whey protein promotes lean muscle mass, helping you to burn fat, even if you're not working out.



TO CRUSH CRAVINGS

Whey keeps you feeling fuller longer so you're less tempted to eat junk food or snacks



PRO TIP: Add a scoop of whey to your breakfast smoothie, yogurt, or oatmeal to boost your metabolism and kick off your day in fat-burning mode!

POST-WORKOUT



TO BUILD MUSCLE & SPEED RECOVERY

As soon as you can after a workout, consume 20-30 grams of whey protein. This will help replenish you while giving your body the amino acids it needs to build and repair muscle.