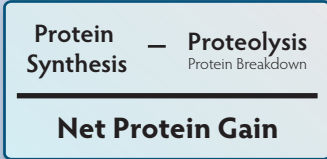


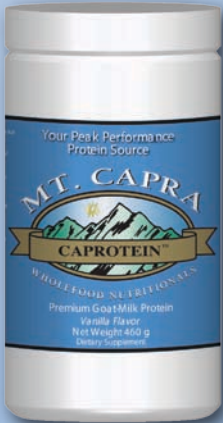


Net-Protein-Gain:
Protein that is added to bodily tissue after digestion of protein containing foods.



Whole-Protein
Protein supplement which contains both casein protein and whey protein

“Casein and Whey were made for each other!”



Mt. Capra's **Caprotein™** is the only whole protein supplement available from all natural goat's milk. It contains ample levels of both casein and whey protein.

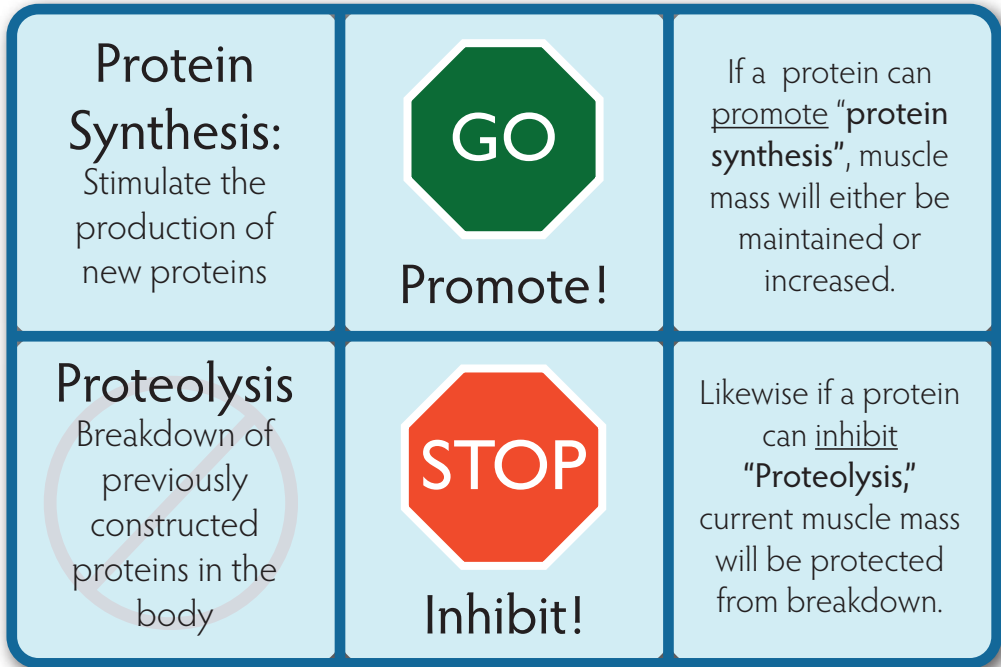
To learn more
1-800-574-1961
www.mtcapra.com

Research finds “Whole Protein” to be better than “Whey Isolate”

Cutting edge research is continuing to show that **whole protein supplements** containing both **casein protein** and **whey protein** are superior for net protein gain than those containing merely whey protein isolate.

Net Protein Gain, (see definition on left) is the most important aspect of protein supplementation and there are **2** factors that determine Net Protein Gain.

Special Health Bulletin from Mt. Capra!



Net Protein Gain is higher with a whole protein than with a whey protein isolate.

It is obvious by looking at this chart, why whey protein isolate has gained such popularity as it does a wonderful job of promoting **Protein Synthesis**. However, Whey Protein does not suppress Proteolysis at all which is a significant problem affecting **Net Protein Gain**. Casein Protein stimulates **Protein Synthesis** to a lesser degree but does an excellent job of suppressing **Proteolysis**. If proteolysis is not being suppressed then the net protein gain will be significantly less than when proteolysis is suppressed.



Effect	Casein protein	Whey protein
Promotes Protein Synthesis	Yes Moderately Well	Yes Very Well
Inhibits Proteolysis	Yes Very Well	No Not at All

“What people seem to constantly forget is that net (protein) gains in muscle are the result of not just protein synthesis, but the inhibition of protein breakdown (proteolysis). Casein's antiproteolytic effect (ability to suppress proteolysis) is more profound than whey or leucine's protein-synthetic effect.”

-Alan Aragon B.S. M.S.

Alan Aragon has over 15 years of success in the fitness field. He earned his Bachelor and Master of Science in Nutrition with top honors.