The Metabolic (Anabolic) Window

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Studies show Consuming a protein-carbohydrate “supplement”:
- Within 2 hours post work out can improve glycogen resynthesize
- Increases Amino Acid availability for muscle repair and synthesis
- Returns insulin levels to normal which have anti-catabolic (breakdown) properties

BUT REMEMBER!!!!
- Everyone’s “anabolic window” is different (time in which nutrients must be consumed for maximal results in repair, fat loss, and restoring bodily functions)
- Exercise must be moderate to vigorous (or in the realm of what physician or coach has prescribed) to be utilized correctly
- It is not proven that the “anabolic window” will work 100% but there is significant research showing that it does exist and nutrients can improve repair, fat loss and restore bodily functions

What can I eat or drink to achieve maximal results?
- Protein shakes (contain many nutrients including protein and carbohydrates mainly)
- Protein: Chicken, fish, low fat meat, eggs
- Carbs: Whole grain pasta, whole grain rice, sweet potatoes
- Fats: Unsaturated fats, Omega 3-6-9 nutrients (fish oil supplements)

There are many different theories and studies showing the amount of time a person has before they miss the “window” for maximal muscle repair and synthesis and rebuild glycogen stores.