



(51) International Patent Classification:

A23L 1/305 (2006.01) A23L 1/30 (2006.01)
A23L 1/29 (2006.01)

(21) International Application Number:

PCT/IB2014/060000

(22) International Filing Date:

20 March 2014 (20.03.2014)

(25) Filing Language:

English

(26) Publication Language:

English

(30) Priority Data:

61/805,222 26 March 2013 (26.03.2013) US
61/816,159 26 April 2013 (26.04.2013) US

(71) Applicant: NESTEC S.A. [CH/CH]; Avenue Nestle 55,
CH-1800 Vevey (CH).

(72) Inventors: BAILEY, David Mark; Chemin des Chesaux
2A, CH-1053 Cugy, Vaud (CH). ZALTAS, Eric Scott; 11
Burnside Street, Montclair, New Jersey 07043 (US).
MOORE, Daniel Ryan; 10 Wakefield Lane, Waterdown,
Ontario L0R 2H3 (CA). STELLINGWERFF, Trent; 579
Normandy Road, Victoria, British Columbia V8Z 3J3
(CA).

(81) Designated States (unless otherwise indicated, for every
kind of national protection available): AE, AG, AL, AM,
AO, AT, AU, AZ, BA, BB, BG, BH, BN, BR, BW, BY,
BZ, CA, CH, CL, CN, CO, CR, CU, CZ, DE, DK, DM,
DO, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT,
HN, HR, HU, ID, IL, IN, IR, IS, JP, KE, KG, KN, KP, KR,

KZ, LA, LC, LK, LR, LS, LT, LU, LY, MA, MD, ME,
MG, MK, MN, MW, MX, MY, MZ, NA, NG, NI, NO, NZ,
OM, PA, PE, PG, PH, PL, PT, QA, RO, RS, RU, RW, SA,
SC, SD, SE, SG, SK, SL, SM, ST, SV, SY, TH, TJ, TM,
TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, ZA, ZM,
ZW.

(84) Designated States (unless otherwise indicated, for every
kind of regional protection available): ARIPO (BW, GH,
GM, KE, LR, LS, MW, MZ, NA, RW, SD, SL, SZ, TZ,
UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, RU, TJ,
TM), European (AL, AT, BE, BG, CH, CY, CZ, DE, DK,
EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT, LU, LV,
MC, MK, MT, NL, NO, PL, PT, RO, RS, SE, SI, SK, SM,
TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW,
KM, ML, MR, NE, SN, TD, TG).

Declarations under Rule 4.17:

- as to the identity of the inventor (Rule 4.17(i))
- as to applicant's entitlement to apply for and be granted a
patent (Rule 4.17(ii))
- as to the applicant's entitlement to claim the priority of the
earlier application (Rule 4.17(iii))

Published:

- with international search report (Art. 21(3))
- before the expiration of the time limit for amending the
claims and to be republished in the event of receipt of
amendments (Rule 48.2(h))

(54) Title: METHODS FOR ENHANCING MUSCLE PROTEIN SYNTHESIS FOLLOWING CONCURRENT TRAINING

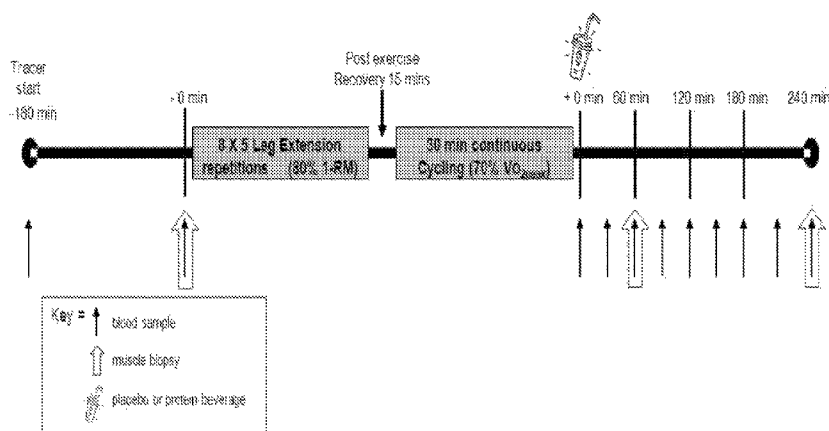


FIG. 1

(57) Abstract: The present disclosure provides methods for enhancing muscle protein synthesis following physical exertion. In a general embodiment, a method for enhancing muscle protein synthesis following physical exertion is provided and includes administering to an individual a composition comprising from about 15 to about 35 g protein immediately following concurrent training. Programs for enhancing muscle adaptation resulting from concurrent training are also provided. The programs include providing a composition comprising from about 15 to about 35 g protein; and providing guidelines for consumption including a recommendation of the amount of the composition to consume immediately following concurrent training.