

MUSCLE SYNTHESIS PROMOTER

ABSTRACT

Provided is a muscle synthesis promoter intended for use in a target
in need of rapid absorption of protein is required and containing as an
5 effective ingredient a milk protein mixture that includes casein
protein and whey protein, wherein the muscle synthesis promoter
has a protein ratio of casein protein to whey protein (casein
protein/whey protein) of 2 to 20. The muscle synthesis promoter
exhibits rapid muscle synthesis promoting activity equivalent to that
10 of whey protein.

FIG. 1