

## What You MUST Know About Muscle Milk

June 24, 2010

Working with high school athletes, I find that many use Muscle Milk to get a lot of their protein. I have been against Muscle Milk for years as it used to contain Splenda:

<http://www.wannabebig.com/forums/showthread.php?134014-How-Much-Sucralose-in-a-Serving-of-Cytosport-Muscle-Milk&p=2293575&viewfull=1>

Although apparently not anymore but now contains the natural sweetener Stevia:

<http://www.muscleprotein.com/muscle-milk-ingredients/>

Since Splenda is a nervous system toxin:

<http://www.pitchingdoc.com/fileupload/Health%20Newsletters/Splenda%20the%20Sweet%20Insecticide%20-%2003.29.08.pdf>

Now, a July 2010 article by Consumer Reports has shown what else is in Muscle Milk:

<http://www.consumerreports.org/cro/magazine-archive/2010/july/food/protein-drinks/overview/index.htm>

Testing 15 different protein powders, they found **Muscle Milk to contain the highest amounts of Cadmium and Lead** as well as Arsenic and Mercury:

<http://www.consumerreports.org/cro/magazine-archive/2010/july/food/protein-drinks/whats-in-your-protein-drink/index.htm>

Here is a real good release by Dr. Joseph Mercola on this report:

<http://articles.mercola.com/sites/articles/archive/2010/06/22/some-protein-drinks-could-poison-you.aspx>

*"The worst of the products tested was Muscle Milk Chocolate powder, which contained all four toxic metals; three of them at the highest levels of all products tested. Three daily servings of this particular brand and flavor contained an average of: 5.6 µg cadmium, 13.5 µg of lead, 12.2 µg of arsenic, 0.7 µg of mercury."*



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Since I favor NOW Foods Protein Powders:

<http://www.pitchingdoc.com/index.php?p=84287&details=1&catId=565&pid=2584&s=>

I wrote their quality assurance department to ask about NOW's Whey protein quality. They responded that:

*"Lead, Mercury, Arsenic and Cadmium levels in three NOW® Whey Proteins tested are at 67-99% below the Consumer Reports standard."*

I then asked if it was possible to have Whey Protein powders completely free of these 4 metals and they responded:

*"Since [lead, cadmium, arsenic, and mercury] are trace elements in the environment, they are ubiquitous and cannot be eliminated completely without resorting to the use of synthetic chemicals. Since we offer only very low levels accepted by all authorities as safe, it should not be an issue. Zero is simply not a realistic option."*

### **How Much Protein Do I Need?**

For growing athletes, the formula is as follows:

- 1) Take your weight in pounds and divide by 2.2, giving you your weight in kilograms
- 2) Multiply your weight in kilograms by 1.4, giving you the amount of protein you need per day
- 3) For adults, multiply by 1.2.

Hope that helps. Best of luck.

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