Product Overview

What is Impact Whey Protein?

Impact Whey Protein is a fast absorbing source of protein that is in fact a by-product formed during the manufacturing of milk and cheese. Impact Whey Protein contains over 80% of top quality, undenatured protein, providing a range of both essential and non-essential amino acids which are important for recovery and stimulating muscle growth. Impact Whey Protein is also low in fat and carbohydrates (lactose) which makes it a prime source of whey protein for those looking to reduce body fat levels but increase lean mass. Impact Whey Protein is also available in over 25 delicious flavors which have been carefully taste tested to provide the best tasting whey available.

What are the Benefits of Impact Whey Protein?

Impact Whey Protein is derived from bovine milk and provides high levels of the essential amino acids (EAA’s) and branch chain amino acids (BCAA’s) which are particularly important for stimulating muscle protein synthesis (MPS) and maintaining lean muscle tissue following exercise to prevent muscle breakdown.

One thing that makes Impact Whey Protein stand out from other proteins is the rate at which it is absorbed in the body. Impact Whey Protein is the protein of choice for many athletes because it is