

PROTEIN TIMING & RECOVERY CHART

TIMING PHASE	OPTIMAL DOSE	RECOVERY OBJECTIVE
Pre-Workout (1-2 hrs before)	20g - 30g	Maintain amino acid pool; prevent excessive muscle breakdown during exertion.
Post-Workout (0-60 mins after)	25g - 40g	Stimulate Muscle Protein Synthesis (MPS) and initiate structural repair.
Daily Intervals (Every 3-4 hrs)	20g - 30g	Maintain positive nitrogen balance throughout the recovery day.
Pre-Sleep (30 mins before)	30g - 40g	Sustained release (Casein) to facilitate overnight tissue regeneration.

** Targets based on high-bioavailability sources (Whey, Casein, Egg, or Soy). Adjust total daily intake to 1.6g-2.2g per kg of body weight for optimal athletic recovery.*