

HOW MUCH PROTEIN?

THE SHOCKING
ANSWER TO THE
QUESTION

"HOW MUCH PROTEIN DO I
NEED TO BUILD MUSCLE?"



How Much Protein: A Behind-The-Scenes Look At One Of The Fitness Industries Most Well-Kept Secrets From An Ex-Protein Supplement Developer And Research Scientist who agreed to 'reveal it all'

Discover the Honest, Research-Proven Answer to the Question "How Much Protein do I Need to Build Muscle?"

...Do you really need to eat extra protein? Discover if you're being ripped off every time you take out your hard-earned cash to buy more protein powder

You've probably heard the following claims about protein and muscle building:

- The more protein you eat, the bigger you get
- You need to eat protein every 3 hours to stay in a "muscle-building" environment
- Protein powders are one of the [↓ Click Link Below ↓](#) extra muscle

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