

Beef Protein

Beef protein is a natural protein powder, believed to be extra effective in promoting muscle growth and aiding in post workout recovery. It is one of the most efficient protein supplements known in terms of the percentage of protein your body uses effectively (almost as high as egg protein which is 94%). And pound for pound, beef protein powder has three and a half times as much protein as raw red meat. Beef protein also has other benefits to your health - it is low in carbs if you're conscious about your weight, free of gluten and lactose if you have allergies, and contains extra vitamins and minerals for high nutritional quality. It also contains no sugar or fat, both of which would slow down your bodies ability to break down proteins into amino acids. Get your beef protein powder from Protein King today and enjoy low prices, the best brands in the industry, and super-fast shipping to anywhere in Australia.