

# protein kinetics system



## Fast Proteins

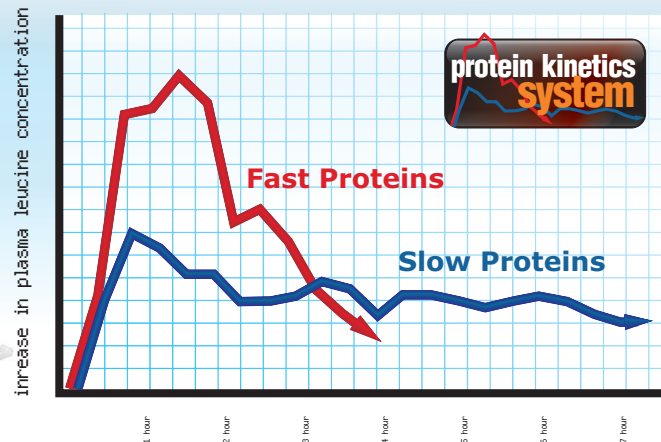


**To spike amino acid levels between meals and pre-workout**

**With carbohydrates and nutrients when you want to deliver a lot of nutrition in a short time to maximise your adaptation after exercise**

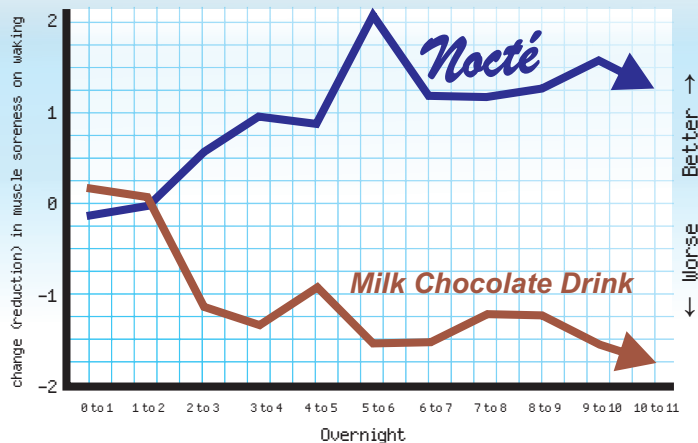


PLASMA AMINO ACID RESPONSE to different proteins



**Fast proteins deliver a big shot of nutrition when your body needs it**

NOCTÉ REDUCES MUSCLE SORENESS during pre-season training camp



## Slow Proteins

**Nocté** the night time drink for athletes

**Slow proteins to drip feed nutrition to boost your recovery whilst you sleep**



**the night time drink for athletes proven to reduce muscle soreness and improve testosterone and immune function levels during periods of hard training.**



[www.proteinkinetics.com](http://www.proteinkinetics.com)

