



Source: <http://caloriesproper.com/nutrient-timing-op-101/>

Nutrient Timing

NUTD337

What is Nutrient timing?

Why is it important?

When is it important?
when on micro level?

What nutrient does it consist of?



Promoting MPS

ANABOLIC

The phase of metabolism in which simple substances are synthesized into the complex materials of living tissue.

WHY IT'S IMPORTANT

Your body is building or repairing muscle. This is the state in which your body experiences considerable muscle growth.

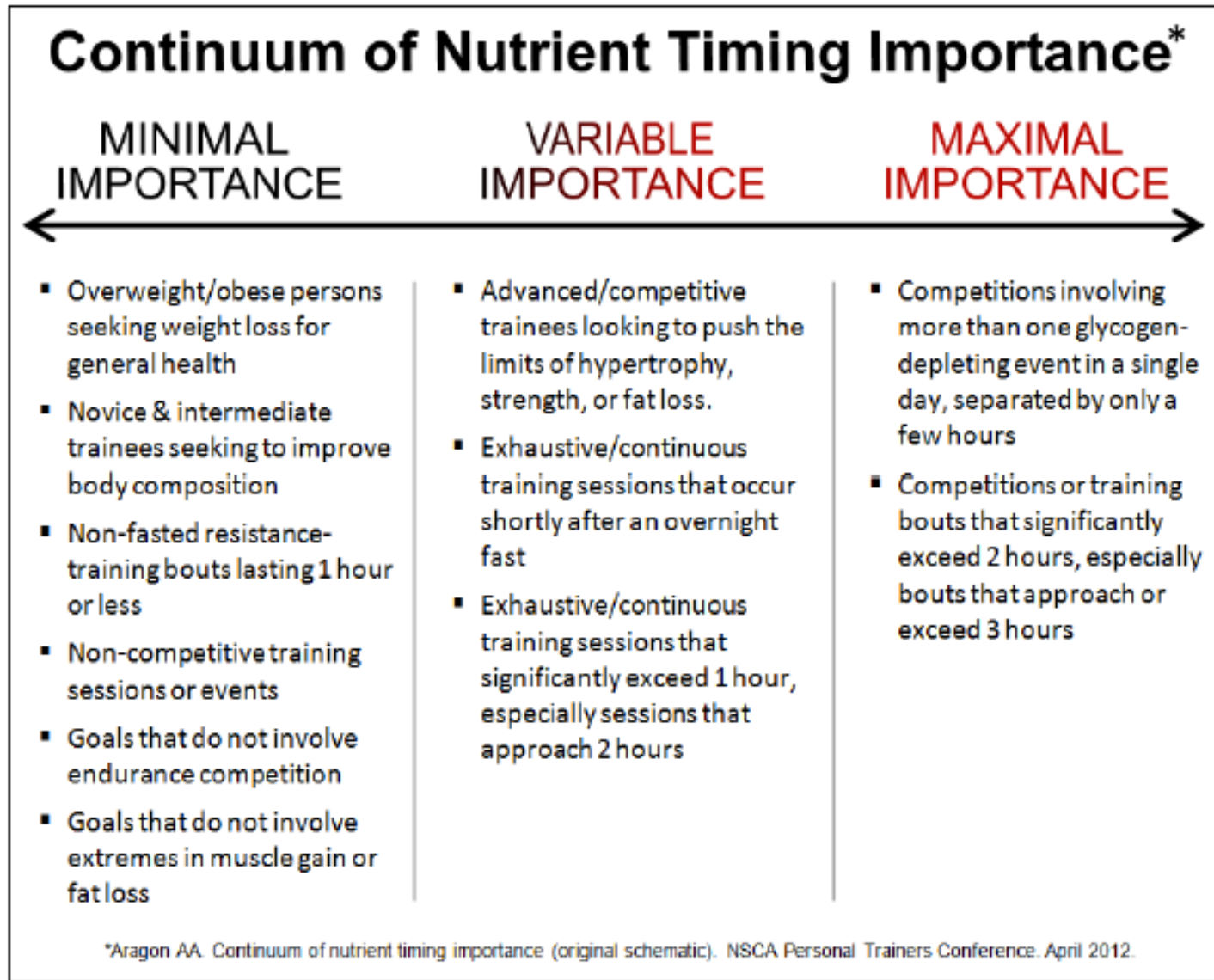
CATABOLIC

The metabolic breakdown of complex molecules into simpler ones, often resulting in a release of energy.

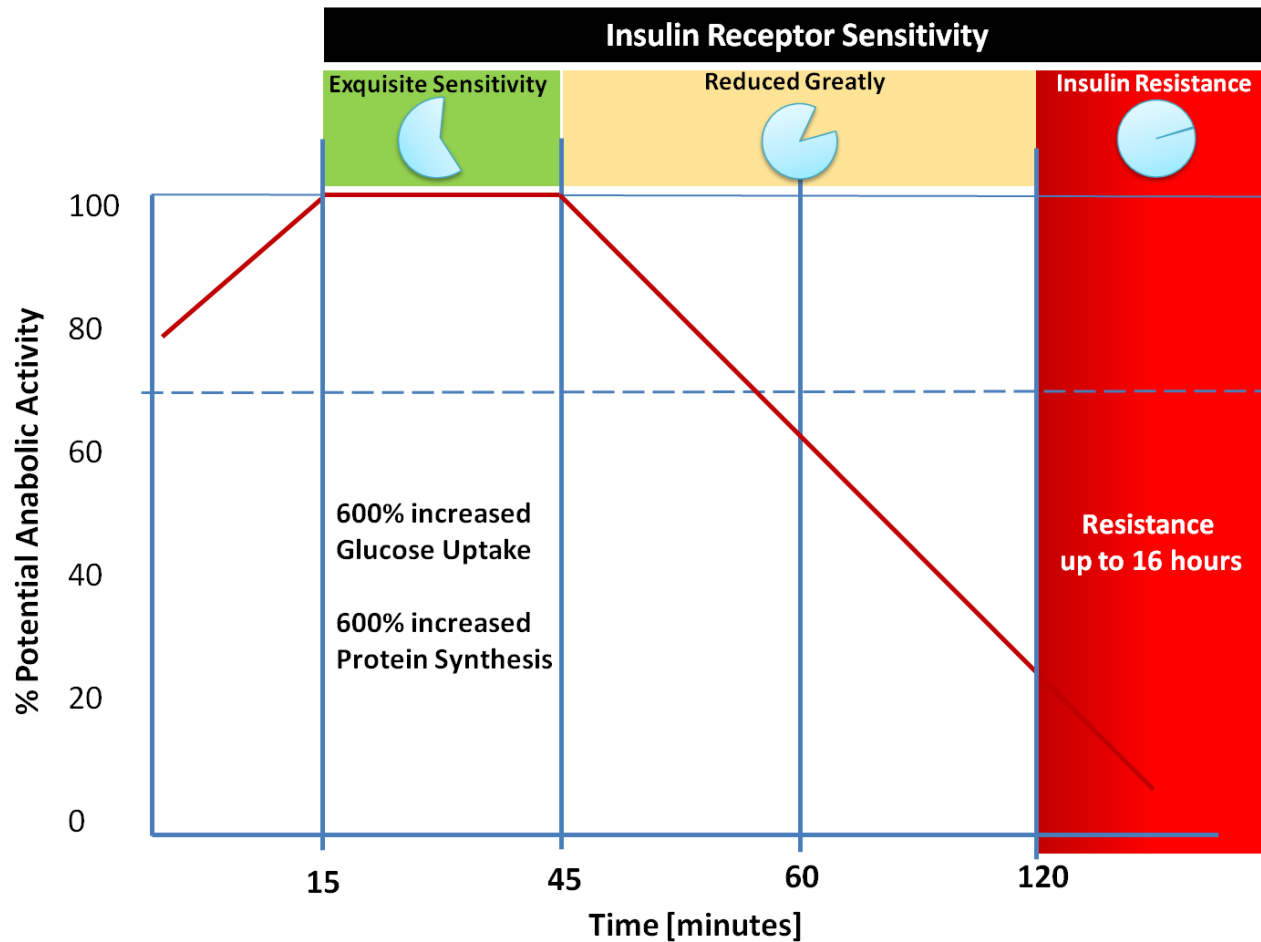
WHY IT'S IMPORTANT

Although a necessary process during intense exercise, an extended catabolic state will lead to existing muscle being used to repair newly torn muscle, not good.

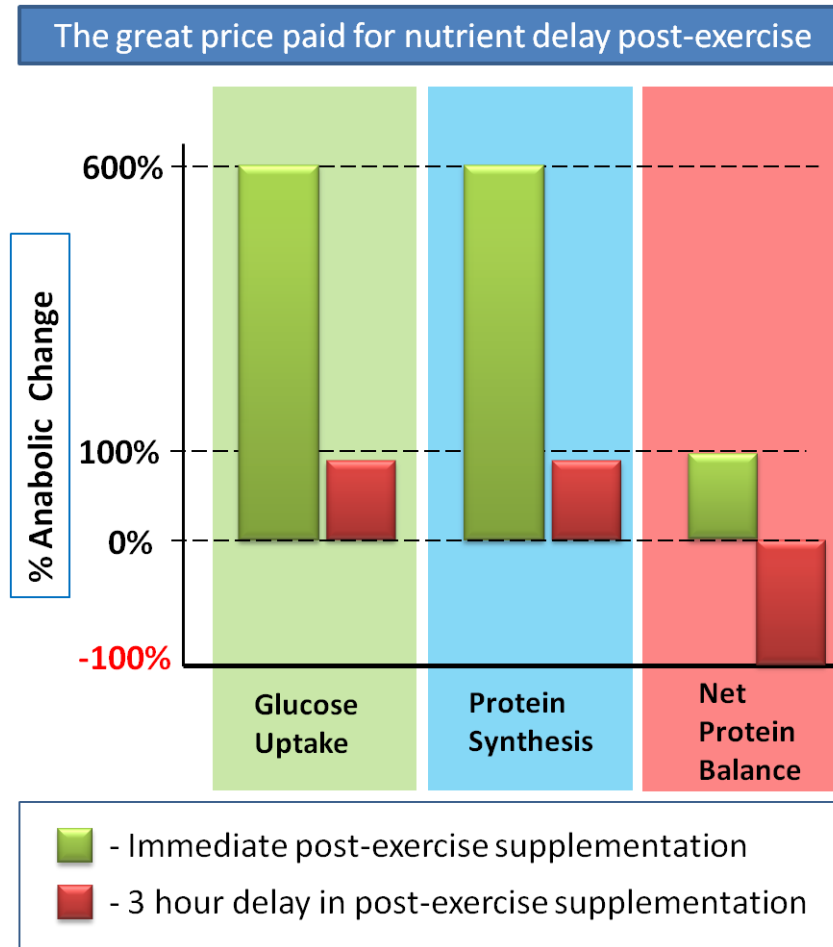
When is it important



Anabolic window of opportunity



On the cellular level



Source: <http://www.nutridesk.com.au/post-exercise-metabolic-window.phtml>