

Gaspari Precision Protein: New Hydrolyzed Whey Protein Tech

written by Mike Roberto | August 26, 2016



Gaspari's tirade continues with the release of Precision Protein and an industry-first optimized leucine form of whey.

It's no secret that **Gaspari Nutrition** has been on an absolute tear since Jared Wheat (owner of Hi-Tech Pharmaceuticals) bought a portion of the company back in April 2016. Since then, it's been hit after hit for Gaspari as they've steadily reclaimed their *Alpha* status as one of the cutting edge companies in the supplement industry.

Now that they've restored their former glory we newly updated releases, it's time for them to cement their place as one a true innovator with some *original* supplements... and once again, they've outdone themselves with this latest product.

Precision Protein is a first of its kind protein that employs a **revolutionary form of whey** that's being touted as a "*breakthrough in Whey Protein supplement technology.*"[1]

We'll get to the breakdown in just a second, but first take a moment to check the best deal and sign up for PricePLOW alerts:

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Our Gaspari Precision Protein Review

WOW. We expected this to be good, but we didn't realize it would taste *this* good. Check out the **neapolitan** flavor: It's broken down into the three layers of chocolate, vanilla, and strawberry!

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Precision Protein Ingredients

Nutrition Facts	
Serving Size 1 Rounded Scoop (32g) Servings Per Container 56	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 100mg	4%
Total Carbohydrate 2g	1%
Sugars 1g	
Protein 25g	50%
Vitamin A	0%
Vitamin C	0%
Calcium	8%
Iron	2%

Not a Significant Source of Dietary Fiber
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: Hydrolyzed Whey Protein Phospholipid Matrix, Cocoa (Processed With Alkali), Natural And Artificial Flavors, Lecithin, Creamer, Sunflower Oil, Xanthan gum, Cellulose Gum, Naturally Sweet™ (Erythritol, Tagatose, Maltose, Xylitol, Sucralose), Enzymes

Precision Protein brings an industry first form of whey protein that yields elevated Leucine levels for greater gains.

The magic recipe that sets Precision Protein apart from all other proteins currently available is it employs *100% hydrolyzed whey isolate* to jack up the anabolic response by increasing the bioavailability and release rate of Leucine peptides. This is accomplished by Gaspari's patent-pending **Embedded Enzyme Technology** (EET) which serves to enhance the anabolic actions of the protein powder.

EET is a specialized **two-part hydrolysis process** for the whey protein:

1. The first hydrolysis takes place during the production of the protein powder itself, and
2. The second part occurs when *you* mix it into liquid ahead of consuming it

Through this unique process, EET is able to confer better muscle-building benefits than more traditional forms of whey due to the increased leucine content of Precision Protein.

Take a look at this video from the makers of EET for a little more info on just how it works:

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Say what?!

To help further explain the benefits of Precision Protein, we contacted Gaspari R&D man Vaughn True for some real "insider" knowledge:

"As you and most of your readers know, protein itself is made up of long chains of amino acids that ultimately get broken down or hydrolyzed in the body. The body is very efficient at breaking these long chains down into smaller peptides it can use for muscle growth and repair, however more often than not, the long protein chains are hydrolyzed into peptides which are needed for normal functions in the body..."

Precision Protein forces the body to stay out of the hydrolysis process, and instead forces it's own rate of hydrolysis on the protein chains by targeting the specific spots in the protein that allow for Leucine Peptides to be released. This means Precision Protein gives users significantly higher rates of Leucine Peptides once consumed than any other protein product in the world."

– VaughnTrue, Gaspari Nutrition Lead Representative

Basically, the higher the level of Leucine peptides in a protein, the greater *anabolic* potential of the protein. This is because Leucine, more than any other single amino acid, has the highest impact on mTOR activation[2], muscle protein synthesis, and **PGC-1 α mRNA** (a new isoform that governs muscle hypertrophy).[3]

The Rest



Ready to whip up some tasty, and highly anabolic, protein crepes courtesy of Gaspari?!

Rounding out the ingredient panel is the usual assortment of additives and sweeteners that you'll find in most other protein powders including natural & artificial flavors, lecithin, guar gum, and cocoa (for the chocolate ice cream flavor).

Additionally, Gaspari uses its trademarked **Naturally Sweet** blend to sweeten the protein which is comprised of erythritol, tagatose, maltose, xylitol, and sucralose, in that order. The addition of these sugar alcohols allows for a lower amount of sucralose, which has been a trend many users have sought.

Macros

Each tub of Precision Protein will contain a whopping 56 scoops per tub, which means that it's coming in at least a 4lb tub. Each scoop weighs in around 32g and has the following macros / calories:

- **Calories:** 130
- **Protein:** 25g
- **Carbs:** 2g (1g sugar)

- **Fats:** 2g (1g saturated fat)

Who is this for?

There are a few prime audiences who should be interested here:

1. Elite athletes who could truly benefit for the instantaneous absorption and enhanced leucine content. If fighting for the extra 1% in your sport, this could be it.
2. Dieters on hardcore cuts, where the extra leucine will help sustain muscle amount, and possibly generate new muscle due to the increased leucine.
3. Consumers with extremely problematic digestive systems. Since there's zero lactose here, it could be of benefit to lactose intolerant.

But further, since it absorbs very easily, those with certain medical issues or burns could be of great benefit – but always see your doctor and get written consent before starting any new supplement or diet program.

Flavors Available



Gaspari has done the unimaginable and combined three classic ice cream flavors into a tri-layered protein powder.

As soon as it is available for purchase, Gaspari's Precision Protein will come in three different flavors: **Chocolate Ice Cream**, **Vanilla Ice Cream**, and the first of its kind **Neapolitan Ice Cream**, which will actually have the three separate layers in the protein tub of chocolate, vanilla, and strawberry!

Takeaway

It's plain to see that Gaspari has no sign of resting now that they're back on top of the mountain in the supplement world. We love seeing old products reformulated into new, and are still awaiting SuperPump 250 at the time of

press, but it's also great to see brand new ones too. Precision Protein is the latest innovation from the company who used to define that very word.

Enhanced anabolic potential aside, one thing we do know, is that Gaspari's flavoring is always on point, and this stuff is going to taste *damn good!* If we get to enjoy increased leucine levels and experience greater muscle growth as well, all the better!

Stay tuned for updates and an upcoming review on Precision Protein once it's released!

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PRECISION PROTEIN™ EMBEDDED ENZYME TECHNOLOGY

- + 100% Hydrolyzed Isolate Whey Protein
- + 25 grams of Ultra-Premium Protein Per Serving
- + Only 2 grams of Fat and 2 grams of Carbs Per Serving
- + Gluten Free

Gaspari Nutrition® is proud to announce the latest breakthrough in Whey Protein supplement technology with its release of Precision Protein™. Featuring innovative and ground breaking Embedded Enzyme Technology™, this new advancement enhances the release rate and bioavailability of Leucine Peptides for unheard of muscle anabolism and growth.

Precision Protein™ is the first of its kind and offers numerous benefits, not found anywhere else:

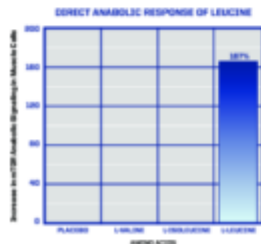
- 100% Hydrolyzed Whey Protein For Immediate Amino Acid Absorption†
- Embedded Enzyme Technology™ (EET) For Increased Leucine Peptide Induced Anabolism†
- Increased Hypertrophic Growth and Protein Synthesis†
- Upregulation of the mTOR Signaling Muscle Building Pathway†
- Enhanced Bioavailability & Uptake of BCAAs and EAAs†

The average protein powder works by providing you with long chains of amino acids that the body must break down into individual amino acids via a process known as hydrolysis. When the body hydrolyzes the protein you drink, it gets reduced to numerous different amino acids and amino acid peptides depending on what it specifically needs at that time. Precision Protein™ completely changes protein supplementation however by doing the work of hydrolysis before it ever reaches your stomach!

Embedded Enzyme Technology™ is what powers the highly anabolic actions of Precision Protein™. This patent pending bi-phase delivery system works via two separate hydrolysis actions; first in the production of the protein powder itself, and then again when you're ready to consume it.

From the second you add liquid to your serving of Precision Protein™, a specialized protein-embedded phospholipid-matrix is activated which immediately begins hydrolyzing the protein at identified sites. EET™ offers more muscle growth than traditional whey protein due to its ability to break down protein in a specialized way that releases significantly higher levels of Leucine Peptides and other clinically proven anabolic agents.†

Precision Protein™ takes the most proven muscle builder of all time, protein, and incorporates the most advanced scientific processes to make it more bioavailable, more anabolic, and easier to digest. Your body deserves the BEST protein source possible, which means if you aren't using Precision Protein™, you're not using the best.



To see why increased levels of L-Leucine & Leucine Peptides translate into the muscle building power you want and demand, take a look at the graph on the left how much more powerful Leucine is at increasing the main muscle building pathway known as mTOR (Mechanistic target of rapamycin)!†

Source: <http://www.ncbi.nlm.nih.gov/pubmed/19882215>



Nutrition Facts	
Serving Size 1 Rounded Scoop (32g)	
Servings Per Container 36	
Amount Per Serving	
Calories 130	Calories from Fat 22
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	18%
Sodium 100mg	4%
Total Carbohydrate 2g	1%
Sugar 1g	
Protein 25g	50%
Vitamin A	2%
Vitamin C	2%
Calcium	2%
Iron	2%

Not a Significant Source of Dietary Fiber
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: Hydrolyzed Whey Protein Phospholipid Matrix, Casein (Processed With Alkali), Natural And Artificial Flavors, Lecithin, Creamer, Sunflower Oil, Xanthan Gum, Cellulose Gum, Naturally Sweet™ (Sorbitol, Tagatose, Mallose, Xylitol, Saccharin), Enzymes

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

*When combined with a proper exercise and nutrition program.
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AVAILABLE IN THESE FLAVORS

CHOCOLATE ICE CREAM VANILLA ICE CREAM NEO-POLSKA ICE CREAM

The entire official write-up on Precision Protein – Click to zoom in!

References

1. Gaspari Precision Sales Sheet – 22AUG2016
2. Atherton, P.J., Smith, K., Etheridge, T. et al. Distinct anabolic signalling responses to amino acids in C2C12 skeletal muscle cells. *Amino Acids* (2010) 38: 1533. doi:10.1007/s00726-009-0377-x
3. Samuelsson H, Moberg M, Apró W, Ekblom B, Blomstrand E. Intake of branched-chain or essential amino acids attenuates the elevation in muscle levels of PGC-1α4 mRNA caused by resistance exercise. *Am J Physiol – Endocrinol Metab.* 2016;311(1):E246 LP – E251.