

Myprotein THE EAAs: Hydrate, Recover, and Refuel

written by Mike Roberto | March 10, 2020



Myprotein launched The Pro Range which features more premium products, yet at still amazing prices!

Ever since **Myprotein** started in 2004, they've offered exceptional supplements at unbeatable prices. For several years, their products were only available in the UK, but as time passed, Myprotein finally launched in the US and we couldn't be more excited. Their long-awaited line of products are starting to become available online for everyone to enjoy. Who wouldn't want great products at low prices with insane coupons?

The Pro Range: A Next Level Up

Recently, Myprotein came out with *The Pro Range*, which features higher-end products that are still reasonably priced. Myprotein sponsors several elite athletes and fitness professionals that loved the other supplements, but wanted a line that offered an extra edge. Not only did their athletes request it, but consumers were all about it as well.



THE EAAs feature several trademarked ingredients that come together to create a comprehensive intra workout formula!

So Myprotein hit the drawing board to develop a collection of elite products, loaded with superior ingredients, ready to take you to the next level. As expected The Pro Range instantly became a hit and some of the most popular products include: *THE Whey*, *THE Pre Workout*, *THE Amino Boost*, and *THE EAAs*. The Pro Range features superior formulas and a different look than what most people are used to seeing from Myprotein, it takes on a grey/black color scheme, so it really stands out!

THE EAAs: A Superior Intra Workout Supplement

Based on Myprotein's name, you probably think we're going to be covering another protein powder, but for this post, we'll dive into a very underrated *intra workout* supplement, **THE EAAs**. This product is more than just *essential amino acids (EAAs)*, which is exactly what we expect from The Pro Range. On top of providing all nine EAAs, it includes *Astragin* and *electrolytes* to put you in an optimal state for recovery.

As we mentioned before, Myprotein has exceptionally low prices for such high quality products, THE EAAs may very well become your go-to daily amino acid product! Before we analyze the formula, make sure to subscribe to Myprotein news and deal alerts, so you can get the scoop on exclusive product launches, reviews, and even lower prices!

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THE EAAs: Formulated To Maximize Recovery

It wasn't that long ago that *branched chain amino acids (BCAAs)* dominated the amino acid space. There are three BCAAs: Leucine, Isoleucine, and Valine. They're named after their structure. Seems simple right? But wait, there's more...



THE EAAs will ensure you maximize muscle protein synthesis and kickstart recovery!

The three amino acids we just listed are also considered *essential amino acids (EAAs)*, because the body cannot synthesize them. In total, there are *twenty* amino acids that make up muscle protein, and nine of those are considered to be essential amino acids. Thus, it's crucial to consume adequate amounts each day.

In general, amino acids are the building blocks of protein, and several come together to form a complete protein source. For example, if you eat a steak, not only does it contain all nine EAAs, it contains several other amino acids, vitamins, and minerals. If this doesn't make sense, you can also look at certain whey protein powders that list the amino acid profile on the tub. You'll see several listed with specific amounts included. If you add up each one, it should equal the amount of protein in grams listed on the label.

Although BCAAs used to be marketed as one of the best supplements to fuel recovery and initiate muscle protein synthesis, a growing amount of literature concludes that getting all nine essential amino acids is likely to be superior.[1] This is why EAA products are starting to become more mainstream than BCAAs, which is great to see based on the research! If you want more info on the difference between the two, check out our blog post titled *EAA is the New BCAA: Essential Amino Acids Stage a Coup*.

Myprotein THE EAAs Ingredients

Nutritional Information

Serving Size - 1 Scoop (11.5g)

Servings Per Container - 30

	Per Serving	%DV
Total Carbohydrate	<1g	0%
Sodium	200mg	9%
Potassium	130mg	2%
EAA Blend (as Amino9®)	7.355mg	*
L-Leucine	2790mg	*
L-Lysine	1070mg	*
L-Threonine	750mg	*
L-Isoleucine	614mg	*
L-Valine	580mg	*
L-Phenylalanine	398mg	*
L-Methionine	284mg	*
L-Histidine	239mg	*
L-Tryptophan	40mg	*
Vitacherry Sport®	500mg	*

(Montomorency Tart Cherry Powder)

AstraGin® 50mg *

(Panax notoginseng Root Extract, Astragalus Root Extract)

Elemi™ 25mg *

(Ancient Peat Trace Minerals)

Ingredients

(Lemonade): Natural and Artificial Flavoring (Natural and Artificial Flavor, Gum Arabic), Citric Acid, Malic Acid, Calcium Silicate, Silicon Dioxide, Sucralose, Acesulfame Potassium.

Fantastic formula, even more so given the coupon-driven prices we're seeing! Important to note that there are *no artificial colors* in any of the flavors!

Now that we have the basics covered, and explained the difference between BCAAs and EAAs, let's see what Myprotein THE EAAs have in store to help you recover!

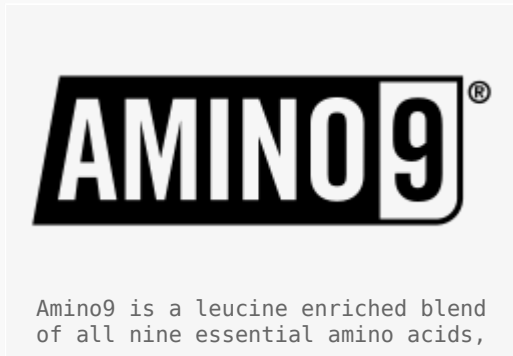
There are 30 servings per container, which is pretty standard with an amino acid product. Here's what a one scoop (11.5g) serving will provide:

- **EAA Blend (as Amino9) – 7.355mg**

The first ingredient on our list to cover is **Amino9**, which is a leucine-enriched blend of all nine essential amino acids. Amino9 gained a lot of traction because of its effectiveness at stimulating *muscle protein synthesis (MPS)* [2,3] while also being a blend that's easy to flavor.

It makes a lot of sense to develop an leucine enhanced EAA blend, since leucine is the primary amino acid involved in initiating muscle protein

synthesis and anabolism. Multiple studies have shown Amino9 can maximally stimulate MPS as much as whey protein, and it also results in a lower insulin spike than whey.[2,3] Those are pretty significant findings, since whey protein is considered to be the king of post workout supplements for activating MPS.



However, as you'll see later Amino9 contains nearly 2.8g of leucine which is very comparable to a scoop of high quality whey protein! Therefore, it's no surprise that Amino9 is a very potent ingredient for stimulating MPS.

As we mentioned, Myprotein is not playing around with The Pro Range, they're utilizing some of the best ingredients on the market, to create truly superior products, this is a prime example of that.

Now that you know what Amino9 is all about, let's briefly explain what each EAA does, because they play crucial roles within the body beyond just MPS.

- **L-Leucine – 2790mg**

Let's kick things off with **Leucine**, the anabolic powerhouse!

Leucine is one of the three branched chain amino acids – it's most responsible for stimulating MPS. It's able to achieve this positive muscle-building response by activating a protein called *mTOR*. As a result, *mTOR* is able to initiate MPS by sending a cellular signal to *S6K*. [4] Therefore, getting an adequate amount of leucine post workout is crucial for optimal muscle growth.

Although it would *seem* that leucine is the only essential amino acid you need, if your goal is to *build muscle*, that's far from the truth. The rest of the amino acids we will discuss also support MPS, just not to the same degree as leucine. They also have other effects that are crucial for proper functioning of the human body. So don't stop reading yet!

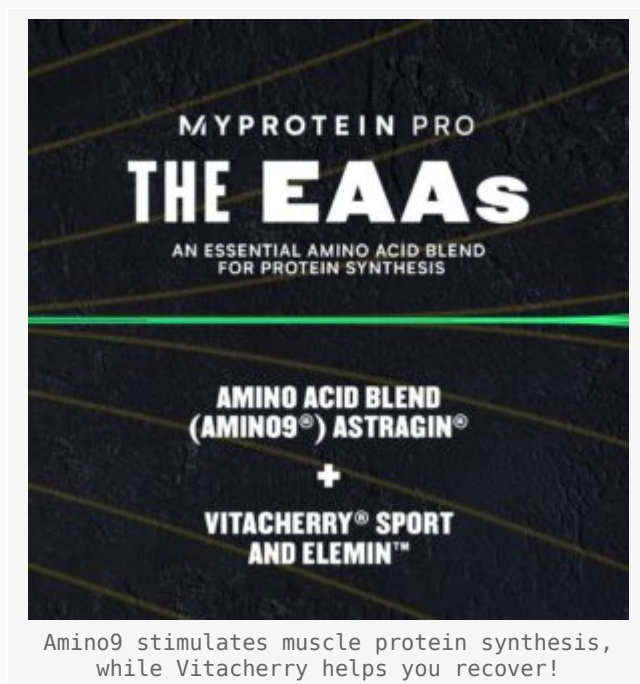
- **L-Lysine – 1070mg**

Not only does **Lysine** help support MPS, it also has positive effects on the

immune system, specific hematopoietic organs, and may boost collagen synthesis.[5] Therefore, lysine could help keep you from getting sick or injured, which is always a good thing for health and performance.

Lysine also gets used by the body to form carnitine, which is a crucial component of fatty acid oxidation.[5] Carnitine helps shuttle the fatty acids into the cell where they undergo beta-oxidation, thus creating energy!

- **L-Threonine – 750mg**



Threonine is crucial for tissue growth and maintenance, because it serves as a precursor to two amino acids involved in muscle growth and collagen production, *glycine* and *serine*. Inadequate levels of threonine may lead to increased injury, since the connective tissue is likely to be weaker without its presence.

Research also shows that threonine is highly absorbed and retained in the digestive tract, where it's used to synthesize *mucin*, a glycoprotein that helps protect the epithelium of your intestines.[6] Therefore, threonine may also reduce your risk of getting sick, since it helps keep out foreign invaders, like bacteria, by creating a barrier in the gut.[6] Lastly, threonine promotes liver health by working with methionine and aspartic acid to properly digest lipids.

- **L-Isoleucine – 614mg**

We mentioned earlier that leucine was one of the three BCAAs. Next up, **isoleucine** is the second BCAA that will be discussed.

Isoleucine shares a very similar chemical structure as leucine, hence its name. Although it does not simulate MPS to the same degree as leucine, isoleucine still plays a key role in the muscle-building process. Furthermore, isoleucine has been shown to promote glucose uptake into skeletal muscle cells,[7] which is exactly where you need it during exercise and for optimal recovery.

- **L-Valine – 580mg**



Myprotein has all your supplement needs covered!

Valine is the third and final piece to the BCAA puzzle. Although research is lacking, it's known for promoting the synthesis of glycogen.[8] This is crucial for performance, because when we exercise, glycogen serves as a stored form of energy. Glycogen is housed in the liver to be used in order to keep blood sugar levels at a sufficient amount, and it's also found in the muscle to create energy through various metabolic processes.

Furthermore, research is starting to look at a non-protein amino acid called ***β-aminoisobutyric acid (BAIBA)*** that's created from valine metabolism and secreted by skeletal muscle during exercise.[9] Preclinical trials suggest, BAIBA may play an essential role in maintaining insulin sensitivity, bone health, and a healthy body weight.[9] Therefore, BAIBA may start to become a popular addition for various sports and health supplements.

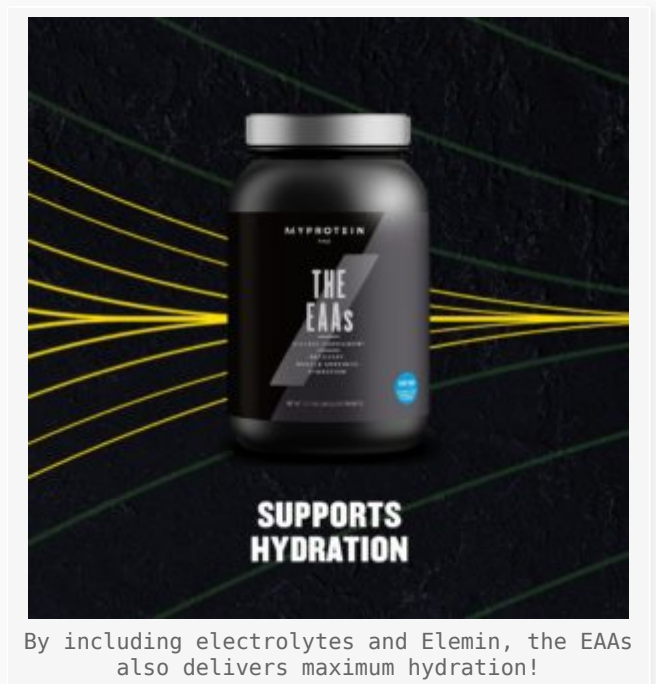
L-Phenylalanine – 398mg

Phenylalanine is involved in the production of several neurotransmitters/catecholamines, such as *dopamine*, *epinephrine*, and *norepinephrine*. [10] Norepinephrine and epinephrine are both involved in your “flight or fight” response, also known as your sympathetic nervous system. During any form of exercise, we want the sympathetic nervous system to be activated so we’re alert, energetic, and ready to train.

However, as we continue to push hard in the gym, norepinephrine and epinephrine tend to get depleted, thus leading to fatigue and a drop in performance. Which is definitely not what we want during a grueling training session. On the other hand dopamine is largely involved in how good we feel, by impacting our motivation, mental clarity, mood, and attention. Therefore, sustaining adequate levels of catecholamines will help boost performance.

Also, phenylalanine has been shown to increase glucagon secretion during exercise, which will lead to greater fatty acid mobilization and most likely, oxidation as well. [11]

- **L-Methionine – 284mg**



Methionine is quite unique since it’s a sulfur-containing amino acid. This means it supplies the body with sulfur to use for a variety of physiological functions. [12]

Aside from supplying the body with sulfur, methionine metabolism results in the formation of the potent methyl donor, *S-adenosylmethionine (SAME)*.

- Research shows SAME can serve as an antioxidant, thus protecting cells

from oxidative stress and help repair tissues.[13]

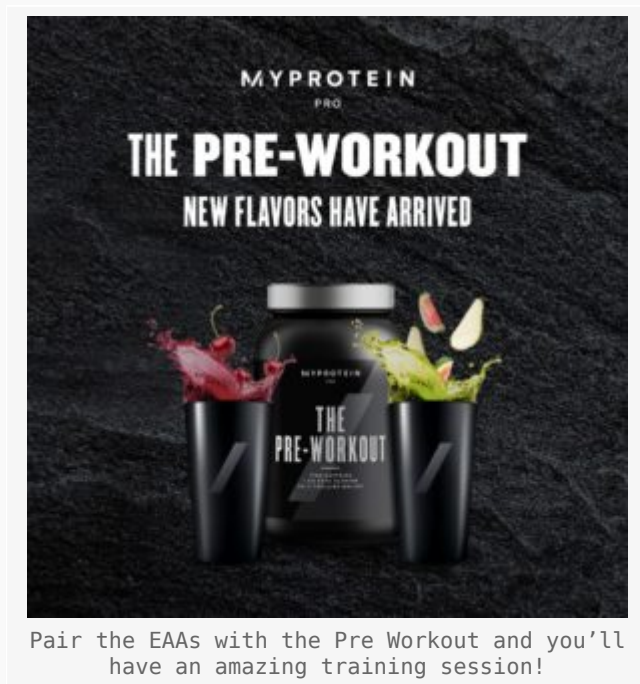
- **L-Histidine – 239mg**

Within the body, **Histidine** can be combined with *beta-alanine* to form *carnosine*, a cytoplasmic dipeptide found in the brain and skeletal muscle in high concentrations.[14] Carnosine serves as a proton buffer,[14] thus greater levels may lead to increased performance.

As you approach exhaustion and get that burning feeling in the muscles, lactic acid is building up. Carnosine can help reduce lactic acid accumulation by accepting a proton from the molecule. This physiological action can make a big difference in how long and hard you can continue exercising.

Beta-alanine is a commonly seen ingredient in several sports performance supplements, due to its ability to boost carnosine levels. However, if you don't have sufficient amounts of histidine, it will limit the amount of carnosine you can produce.[14]

- **L-Tryptophan – 40mg**



Last but certainly not least, we have **tryptophan**, which the amino acid most people associate with sleep. This is not a crazy amount, so don't expect to all of a sudden feel tired after drinking this product. However, tryptophan is a precursor to serotonin,[15] which is responsible for regulating mood, sleep, digestion, appetite, and memory.

Being a precursor to serotonin is not all tryptophan does, it also is used for protein, kynurenine, tryptamine, melatonin, NAD/NADP, and niacin

synthesis.[15]

As you can see, all nine essential amino acids are involved in several important functions throughout the body. But in the sports supplement industry, we normally only discuss their role in muscle building and recovery. Now that we've got the amino acids covered, let's see what else THE EAAs have to offer!

- **AstraGin (Panax notoginseng Root Extract, Astragalus Root Extract) – 50mg**



PricePLOW has become a major fan of including **AstraGin** in various supplements, because of how effective it is at increasing your body's ability to absorb nutrients and various other compounds. Poor bioavailability and absorption are two of the biggest issues with oral supplementation of certain ingredients. It's no surprise – if you don't absorb something properly, it won't be able to yield the desired effects. Thus, adding in an extra ingredient that can help boost absorption is huge!

AstraGin is a blend of two plants, *Astragalus membranaceus* and *Panax notoginseng*, which synergistically work to create a potent nutrient-absorbing ingredient. AstraGin was formulated by *NuLiv Science*, and has really made a name for itself in the past couple years.

Studies show AstraGin is able to increase absorption of several amino acids, including leucine, arginine, and tryptophan by 58%, 66.7%, and 53%.[6] It is also able to enhance uptake of citrulline, beta-alanine, creatine, vitamin and minerals, glucosamine, and omega-3 fatty acids.[6]



The research clearly shows AstraGin definitely belongs in THE EAAs formula for the best results.

- **Elemis (Ancient Peat Trace Minerals) – 25mg**

Elemis is the last ingredient included in THE EAAs and also comes from *Futureceuticals*. Elemis is composed of *ancient peat*, which provides over 70 plant-based minerals. The most notable ones in THE EAAs are potassium and sodium, two electrolytes that play key roles in hydration and muscle contraction.

Drinking a bunch of water doesn't normally maximize hydration, because it just runs right through you. Consuming electrolytes along with a substantial amount of water helps your body retain the water you need and thus, you'll see better performance. PricePlow always likes to see trace minerals added into an amino acid product because deficiencies can lead to major health issues and they compliment each other so well!

Available Flavors

Myprotein has been in the industry a lot longer than most other companies, so you can trust they've got the flavors nailed down. Their American flavors have done great with the American market! THE EAAs come in several delicious, refreshing flavors that will quench your thirst and fuel recovery!

Here's an updated list of all THE EAAs available flavors:



Ensure you're recovering properly with THE EAAs.

Final Thoughts: Myprotein Continues to Level Up!

Now that Myprotein is in the U.S, there's really nothing stopping them from becoming a worldwide powerhouse. Each year they come out with exceptional products, flavors, and formulas that cannot be ignored by competitors. Since day one, Myprotein knew what they needed to do to become successful, and they just continue that trend today.

PricePLOW is excited to finally try out some of their products, because we've heard nothing but great things. The Pro Range shows that Myprotein wants to offer more premium products, while still offering way lower prices than any competitor. That's an epic combo for a successful business model. THE EAAs is just a taste of what The Pro Range features, and we can't wait to cover more products. Get ready, because Myprotein is ready to take over, and PricePLOW will make sure you don't miss out on anything!

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