

Whey Protein Supplement Increases Fat Loss and Spares Lean Muscle Mass in Obese Adults

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Whey protein may not only be good for building muscle but losing fat as well. The high leucine content (50-75% more than other common food proteins) of whey proteins coupled with fast absorption makes whey protein an ideal protein supplement during weight loss. High leucine has recently been showed to reduce appetite center signaling pathways in the brain. High protein diets have a nutrient partitioning effects on the body; increasing lean muscle mass while reducing bodyfat. This study evaluated a specialized whey fraction (Prolibra™, high in leucine, bioactive peptides and milk calcium) for use as a dietary supplement to enhance weight loss. This was a randomized, double-blind, parallel-arm, 12-week study. Caloric intake was reduced 500 calories per day. Subjects consumed Prolibra or an isocaloric ready-to-mix beverage 20 minutes before breakfast and 20 minutes before dinner. At the end of 12 weeks, the calorie comparison between the whey protein group and the control group were similar but body composition changed more in the whey protein group. Weight loss was consistently higher in the Prolibra subjects and weight loss primarily was primarily the result of losing body fat. The Prolibra subjects lost significantly less lean muscle mass compared to control subjects. The Prolibra group also had a reduction in cholesterol. Prolibra appears to preserve lean muscle and may partition the weight loss predominantly towards fat at a lower protein dose, 20 grams per day. Consuming whey protein may enhance fat loss through nutrient partitioning actions.

- Frestedt JL, Zenk JL, Kuskowski MA, Ward LS, Bastian ED. A whey-protein supplement increases fat loss and spares lean muscle in obese subjects: a randomized human clinical study. *Nutr Metab (Lond)*. 2008 Mar 27;5(1):8