Effects of post-exercise protein intake on muscle mass and strength during resistance training: Is there an optimal ratio between fast and slow proteins?

Reference: by M. Fabre et al. IJSNEM 2017

31 resistance-trained men received either a drink containing 20g of protein comprising either 100% of fast protein, 50% of fast and 50% of slow proteins or 20% of fast protein and 80% of casein at the end of training bouts during a 9-week training program.

The resistance training-induced changes in lean body mass, dynamic, and isometric muscle strength increased similarly in all experimental groups.