



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**

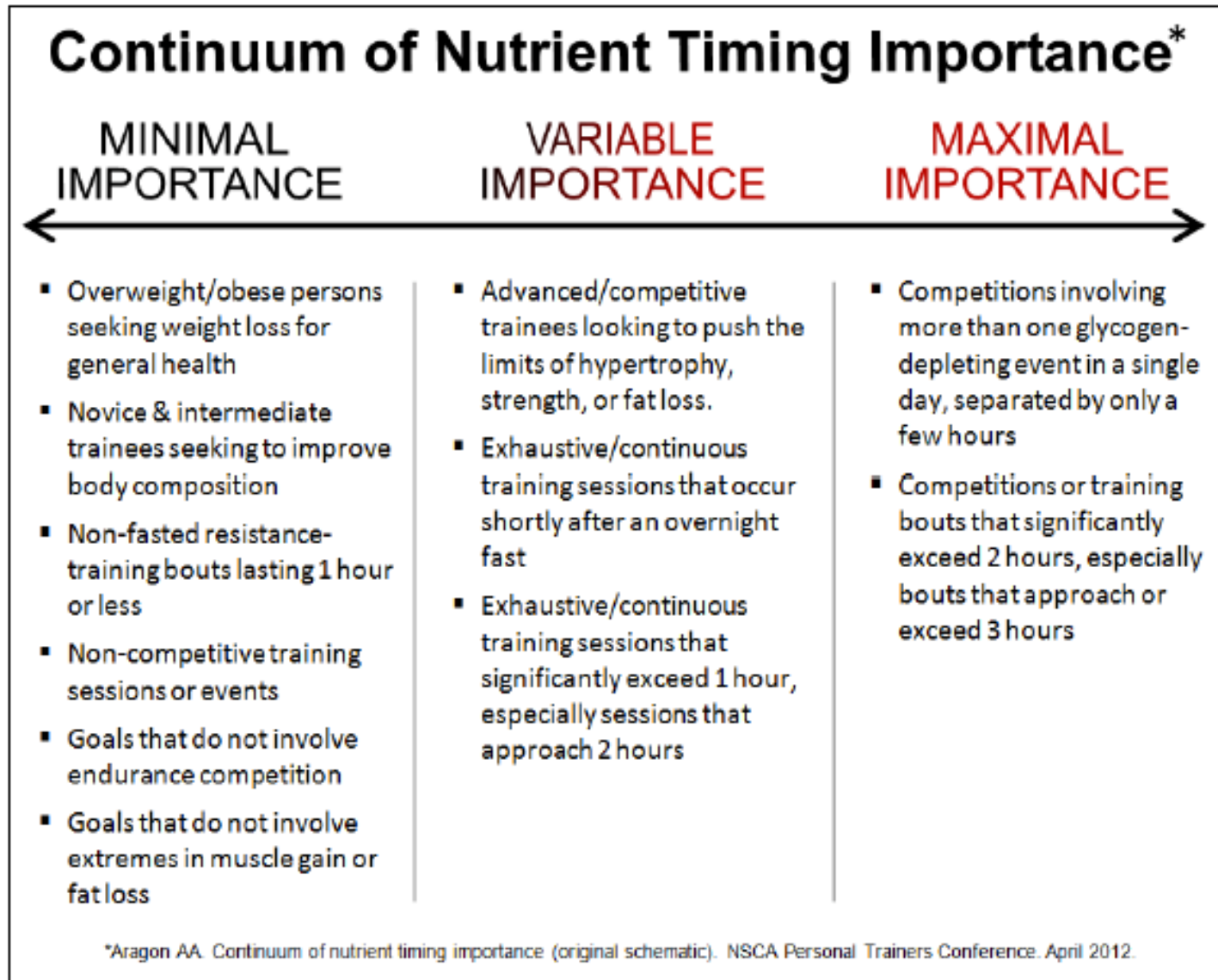
The metabolic breakdown of complex molecules into simpler ones, often resulting in a release of energy.

### **WHY IT'S IMPORTANT**

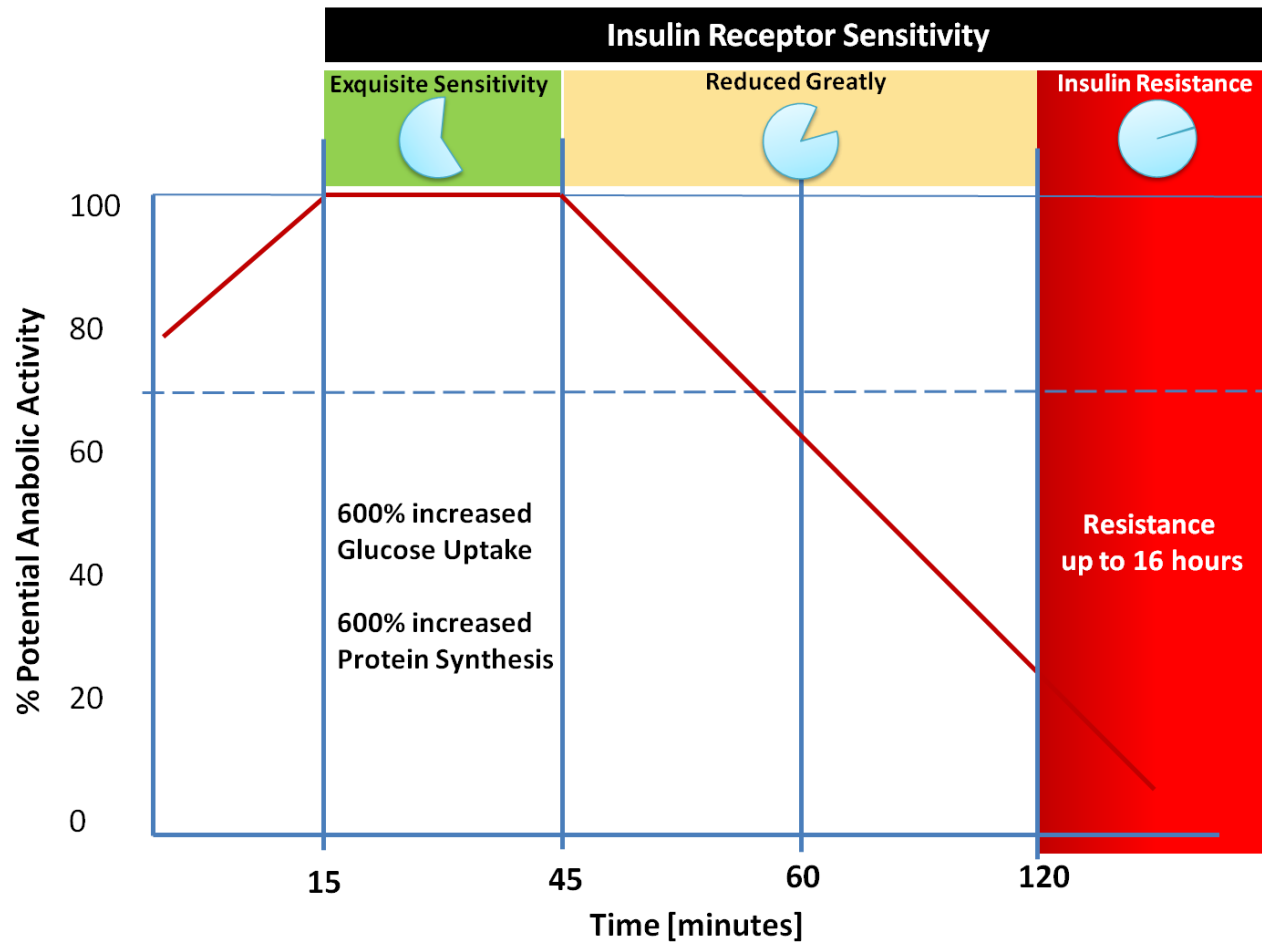
Although a necessary process during intense exercise, an extended catabolic state will lead to existing muscle being used to repair newly torn muscle, not good.

Source: <http://mattwalrath.com/wp-content/uploads/2016/06/anabolic-vs-catabolic.jpg>

# When is it important

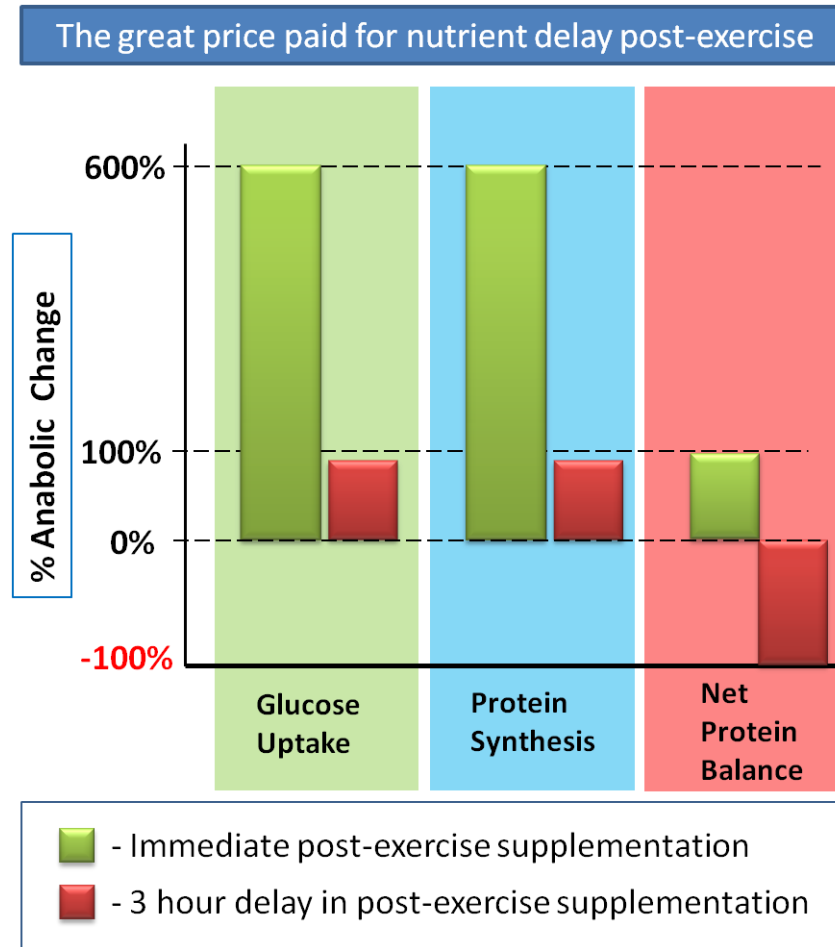


# Anabolic window of opportunity



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

# On the cellular level



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