

BUILD-UP

Looking for an affordable way to build and maintain lean muscle mass?

\$76.00

Vanilla Bean 1.5kg / Chocolate 1.5kg

WHAT IS BUILD-UP?

360 BUILD-UP is a more affordable protein supplement that has no fillers and low levels of fat, sugar and carbohydrates. While it does contain a few more calories than SHAPE-UP, it also includes a wider range of compounds that promote muscle growth and boost overall health. Our great tasting flavours don't have the bitter taste of some proteins.

HOW DOES BUILD-UP WORK?

The protein in 360 BUILD-UP is a combination of Whey Protein Concentrate (WPC) and Whey Protein Isolate (WPI). Both forms of whey protein provide a rich source of amino acids, which are the building blocks essential for muscle growth. However, the additional fats, cholesterol and lactose in WPC slow digestion, releasing a more gradual "drip-feed" of protein to your muscles over a longer period of time.

The WPC in 360 BUILD-UP contains far higher levels of growth factors with anabolic properties that promote the growth of lean muscle, such as IGF-2, TGF-1 and TGF-2. It also contains much higher levels of compounds that improve immunity and intestinal health, including phospholipids, bioactive lipids (including CLA), immunoglobulins and lactoferrin.

WHAT'S IN BUILD-UP?

360 BUILD-UP contains 31g of protein per serve with just 3g of fat and 2.7g of carbohydrates (in the form of sugar). Comparable products contain up to 5g less of protein per serve and up to 2g more of fat.

HOW DO I USE BUILD-UP?

Take half a serve of 360 BUILD-UP as soon as you roll out of bed, to stop the muscle breakdown that occurs as a result of fasting overnight.

Take half a serve to one full serve of 360 BUILD-UP between meals and/or before bed to boost muscle growth and support muscle recovery.

