

When to consume MuscleBlaze raw whey protein?

To get the best of your **raw whey protein** it is crucial to consume it in the right amount and the right time. Here is the right of 3 right timings to consume MuscleBlaze Raw Whey protein.

In the Morning

Raw whey protein is easy to digest. It supplies sufficient amino acids to muscle in order to prevent muscle breakdown. This is the reason why it is best to consume it right after you wake up, as your breakfast.

Post Workout

Taking raw whey protein immediately post workout is considered the best time because your muscles go through a lot of stress during the workout and for their repair and growth, it is essential to fuel your muscles with proper nutrition. And raw whey protein is the ideal choice; it is a quick acting protein that will boost the recovery process.

Bed Time

Taking Raw Whey protein at bedtime provides your resting body with all the necessary amino acids. When your body is at rest, it builds and repairs muscle tissues. Hence having raw whey protein before sleeping delivers the required amount of amino acids to the recovering body muscles.

Variants Available

Different packaging of MuscleBlaze Whey Protein Powder is available. This allows you to purchase the quantity as per your requirement. 2.2lb, 4.4lb and 8.8lb tub are available to you.

Is it safe to take MuscleBlaze raw whey protein?

Yes, MuscleBlaze raw whey protein is not only safe, but it also offers various health benefits like boost stamina and energy, good muscle build up, effective muscle recovery, lean muscle building etc. Moreover, MuscleBlaze raw whey protein doesn't include any additives like colour, flavour, sweetener etc. In Fact all **Muscleblaze products** or **Muscleblaze supplements** doesn't contain any unhealthy or unwanted ingredients.