

Video: How much protein do you need to build muscle?

July 19 2016



Credit: The American Chemical Society

For those striving to build muscle, protein is essential.

While this is obvious to many [athletes](#) and gym-goers, the biological and [chemical processes](#) between drinking a protein shake and getting "swole" may not be so clear.

Reactions has you covered - find out how much protein is recommended for athletes and what makes muscles grow in our latest video:

Provided by American Chemical Society

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