

XP Labs Compares Grass Fed Vs Grain Fed Whey In Newly Posted YouTube Video

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XP Labs, a business based in North Bay, Ontario, has announced that they have recently posted a YouTube video to provide consumers with helpful information on which is better: grass fed or grain fed whey. The grass fed vs grain fed whey video discusses the various characteristics for grass fed whey compared to grain fed whey. It explains why grass-fed whey is better for the consumer, the cows, and the environment.

XP Labs spokesperson John Messenger says, ?We have posted a YouTube video to inform consumers and allow them to compare the various characteristics of grass-fed whey and those of grain fed whey. Clearly, grass-fed whey is better not just for the consumers but also for the cows and the environment. That is why we offer the ISO XP New Zealand Whey Protein Isolate that is obtained from grass-fed cows.?

According to the video, there are seven positive points for grass fed whey for the consumer. First, it has a higher biological value, which results in more efficient protein synthesis and better muscle-building. Second, it has larger quantities of conjugated linoleic acid (CLA), which enhances metabolism, thus helping in weight loss and lean muscle gain. Third, it has a complete amino acid profile. Fourth, it has larger amounts of various nutrients, such as calcium, vitamin D, vitamin E, B vitamins, potassium, and magnesium. Fifth, the

cows are not given antibiotics or hormones that could get into the way. Sixth, the preservation of lactoferrin is improved, which means a stronger immune system. Seventh, it is less likely to have harmful ingredients like arsenic, cadmium, mercury, or lead. John points out that all of these benefits can be obtained from their ISO XP grass fed whey protein isolate Amazon buyers can get.

For grain fed whey, there are also seven points to consider. First, they are usually less easily digested, resulting in stomach discomfort, bloating, reduced rate of protein synthesis, and less muscle gain. Second, there is an average of 3 to 5 percent less CLA per serving, which reduces its metabolic benefits. Third, it has a poorer amino acid profile, with a bigger amount of omega-6. Fourth, the cows are fatter and experience fewer environmental dietary changes, which means there is less vitamin content. Fifth, the cows are regularly given antibiotics and hormones. Sixth, it may totally lack lactoferrin other bioactive protein fractions that enhance the immune system. Seventh, it is almost never pure or organic and likely to be tainted with heavy metals.

Grass fed whey is also better for cows due to a number of reasons. First, the grass is the natural diet of cows. Second, grass-fed cows get sunlight, exercise, and various minerals from the soil. Third, seasonal milking results in higher-quality milk production. Fourth, the cow?s stomach is maintained at a healthy, neutral pH level. Fifth, more exercise means healthier cows. Sixth, grazing causes natural fertilization of the grass, meaning no fertilizers are needed. Seventh, grass-fed cows experience natural and holistic healthcare, which means fewer diseases to deal with.

Grass fed whey is also better for the environment for two reasons. First, rotational grazing results in healthy growth and re-growth based on the natural cycle. Second, the grass that has been eaten is naturally fertilized by the decomposition of the grass and the waste from cows.

XP Labs is a provider of health supplements, such as the ISO XP New Zealand Whey Protein Isolate and the GLYCO XP Waxy Maize Starch. Recently, they have announced that Spectrum Wide Health, which is in Toronto, Ontario, has become one of their new dealers. As an XP Labs dealer, Spectrum Wide Health is authorized to sell the products from XP Labs, such as the whey protein isolate.

Those who are interested in getting more details about the grass fed whey protein isolate from XP Labs and the company's other products can visit the company website. They can also contact by phone, John Messenger or any other customer representative of XP Labs.

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For more information about XP Labs, contact the company here:XP LabsJohn Messenger(705) 474-4031info@xplabs.net40 Ferris Dr Unit 201, North Bay, ON P1B 8Z4

XP Labs

XP Labs is the creation of a passionate team of sports nutritionist experts who are relentlessly committed to helping athletes of all levels achieve their maximum physical potential.

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