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Rice Protein Shows Identical Benefits to Whey Protein

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CULVER CITY, Calif.—Rice protein was discovered to have identical benefits as dairy-based whey protein, according to an unpublished double blind study. The study was conducted by Ralf Jaeger, FISSN, CISSN, MBA, and Jacob Wilson from the department of health sciences and human performance at [University of Tampa](#).

According to Jaeger, past studies have shown the combination of resistance exercise consumption of animal-derived [protein](#) (whey, eggs, meat) had different effects on [muscle growth](#) compared to plant-based protein (soy).

"The objective of the study, titled, 'Rice Protein Increases Lean Body Mass, Muscle Hypertrophy, Power and Strength Comparable to Whey Protein Following Resistance Exercise,' was to determine if high doses of rice protein isolate could increase recovery and elicit adequate changes in body composition compared to whey protein isolate if given following periodized resistance-training," Jaeger said.

The study featured randomly picked 24 healthy, college-aged participants who each had a minimum of one year of strength training experience. Participants were split into two groups and each group took 48g of rice or whey protein immediately after training. Researchers created a specific training protocol and examined participants three times a week for a total of eight weeks straight. Researchers measured muscle thickness, body composition, bench press and leg press strength.

Results indicated that the consumption of both rice protein and whey protein after resistance exercise decreased fat-mass and increased lean body mass, skeletal muscle hypertrophy, and

power and strength. Researchers found that each supplement had produced a similar effect because there were no significant differences in the ratings between the two groups.

“Whey protein has been the gold standard of the fitness industry,” said David Janow, CEO of [Axiom Foods, Inc.](#) “But as of today, that may be changing. Intolerance to lactose affects nearly 70 percent of the world’s population. Hormones used in cow farming are passed on in larger concentrations through dairy products than through cow meat. We’ve heard how hormones in cow milk are affecting early puberty. Soy protein is losing popularity after learning about phytoestrogens. Allergen-free plant-based protein is now being proven to rival whey protein.”

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