



PROTEIN

FAQ



WHAT IS IDLIFE PROTEIN?

IDLife Protein is a 100% whey protein powder designed to support:

- Lean muscle growth and preservation
- Recovery after training
- Appetite control and metabolism

Each serving delivers:

- 20g complete protein
- ~105–110 calories
- ~2g leucine (muscle trigger)
- No artificial sweeteners or fillers

WHAT MAKES THIS DIFFERENT FROM OTHER PROTEIN POWDERS?

Most protein powders optimize for:

- Flavor engineering
- Texture manipulation
- Label inflation

This one is built around biology:

- 100% whey (fast, complete protein)
- Leucine-rich amino profile
- No amino spiking or cheap nitrogen fillers
- No artificial sweeteners or flavor systems

Analogy:

Most proteins = milkshake pretending to be nutrition

This = nutrition that happens to taste good

WHY WHEY PROTEIN?

Because it works. And it's been proven to work for decades.

Whey protein:

- Contains all 9 essential amino acids
- Is rapidly absorbed
- Has the highest impact on muscle protein synthesis (MPS)

Compared to plant or blended proteins:

- Better amino acid availability
- Higher leucine content
- Stronger MPS response

Translation:

If protein's job is to build and repair, whey shows up ready to work.

WHAT DOES “LEUCINE-RICH” ACTUALLY MEAN?

Leucine is the on-switch for muscle building.

When leucine levels hit a certain threshold:

- Your body activates the mTOR pathway
- That triggers muscle protein synthesis
- Each serving delivers:
- ~2g leucine, which is within the clinically relevant range for stimulating MPS

Analogy:

Protein = construction materials

AVAILABLE IN CHOCOLATE & VANILLA

Leucine = the foreman telling everyone to start building

WILL THIS HELP ME BUILD MUSCLE?

Yes—if you do the other things that actually matter.

Protein supports:

- Muscle repair
- Muscle growth
- Recovery

But it still depends on:

- Resistance training
- Total protein intake
- Caloric balance

Reality check:

Protein doesn't build muscle.

It enables your body to build muscle if you give it a reason to.

CAN THIS HELP WITH WEIGHT LOSS?

Yes—but not because it's “fat-burning.”

Protein helps by:

- Increasing satiety (you feel full longer)
- Reducing cravings
- Preserving lean muscle during calorie deficits

More muscle → higher metabolic rate

Better satiety → better adherence

Translation:

It makes your diet easier to stick to, which is what actually drives weight loss.

IS THIS LOW CALORIE COMPARED TO OTHER PROTEINS?

Yes—and that's intentional.

- 20g protein for ~105–110 calories
- Many proteins:
- Add carbs, fats, and fillers
- Quietly push calories up

This one is:

- High protein density
- Minimal caloric drag

Analogy:

Most shakes are a meal pretending to be protein

This is protein that can become a meal if you want it to

WHAT DO YOU MEAN BY “NO ARTIFICIAL INGREDIENTS”?

It means:

- No aspartame
- No sucralose
- No artificial dyes or synthetic flavor systems

Most proteins rely on:

- Sweeteners engineered to hit dopamine
- Flavor chemistry to mask low-quality protein

This product removes that entire layer.

Result:

- No chemical aftertaste
- No unnecessary additives
- No pretending

WHAT IS “PROTEIN SPIKING” AND DOES THIS PRODUCT AVOID IT?

Protein spiking is when companies:

- Add cheap amino acids (glycine, taurine, glutamine and alanine)
- Inflate nitrogen levels
- Make the label show higher “protein” than actual usable protein

This product:

- Uses complete whey protein only
- Delivers a true amino acid profile

Translation:

You're getting actual protein—not accounting tricks.

WHEN SHOULD I USE IT?

Use it when your body needs protein most:

- Post-workout → recovery
- Morning → stop overnight muscle breakdown
- Between meals → control hunger
- As a base → build a full meal shake

Simple rule:

If you're under-eating protein, this fills the gap.

HOW DO I TAKE IT?

- 2 scoops
- 10–12 oz water, milk, or beverage
- Shake or blend

That's it. No ritual required.

CAN I TURN THIS INTO A FULL MEAL?

Yes—and that's where it gets useful.

Add:

- Berries → antioxidants

- Oats → carbs for energy
- Nut butter → fats for satiety
- Greek yogurt → extra protein

Now you've got:

- Balanced macros
- Real nutrition
- Still clean ingredients

WHO IS THIS FOR?

Best fit:

- People focused on lean muscle and recovery
- Anyone trying to lose or manage weight
- Busy professionals who need simple nutrition
- Adults thinking about strength and aging

Also:

Anyone tired of protein powders that taste like a birthday cake exploded

IS THIS GOOD FOR BEGINNERS?

Yes. Probably better than what they're using now.

Why:

- Simple formula
- Easy to use
- No junk ingredients
- Flexible (shake or meal base)

Translation:

It removes excuses and variables.

DOES THIS REPLACE WHOLE FOOD PROTEIN?

No.

Whole food still matters:

- Micronutrients
- Fiber
- Satiety signals

This is:

- A tool, not a replacement

Best use:

Close the gap between what you should eat and what you actually eat.