

The Biological Value of Proteins – The “Usability” of Proteins

Whey protein concentrate has long been a favorite of body builders because it is the best protein for tissue repair and muscle building.

The most commonly used criterion to measure the quality of a protein is Biological Value (BV), which is the amount of nitrogen (body protein in grams) replaceable by 100 grams of protein in the adult diet. The higher the protein's BV, the higher its nitrogen retention.

Proteins with the highest BV are the most potent muscle building, growth-promoting proteins. Scientists agree that the higher the BV, the better the protein is digested, utilized, and retained in the body.

Whey is a complete protein, which contains all the essential and nonessential amino acids, and boasts the highest branched chain amino acid content found in nature. Whey has the highest BV of any available protein, but the way in which Immunocal is processed puts it in the lead of all available proteins for Biological Value.

The Biological Value of common proteins and Immunocal:

- **Immunocal: 159**
- Isolated Whey: 100
- Whole Soy Bean: 96
- Human milk: 95^L
- Chicken egg: 94
- Soybean milk: 91
- Cow milk: 91
- Cheese: 84
- Rice: 83
- Defatted soy flour: 81
- Fish: 76
- Beef: 74.3
- Full-fat soy flour: 64
- Soybean curd (tofu): 64
- Whole wheat: 64
- White flour: 41