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Dear Editor:

A recent editorial cites a questionable study on mice to make claims that should have sports doctors, nutritionists, and athletes at all levels of competition scratching their heads (“Stop drinking protein shakes! Bulk-up beverages may lead to weight gain, depression and shorter life spans, study suggests,” 4/30/19).

The authors offered no empirical research from humans, relying entirely on lab mice to draw conclusions that could never be replicated in the human diet. The researchers could have conducted diet surveys on humans to ask whether eating BCAA diets led consumers to eat more and eat more unhealthy foods, but they didn’t.

We agree with the authors that getting too much of anything is never a good thing. But the truth is that athletes from [Olympic Gold Medalist Michael Phelps, the USA Track and Field Team](#) and [Super Bowl Champion Tom Brady](#) use protein supplements as part of their training. And they are doing so at the advice of doctors and experts.

Protein supplements can benefit more people than just Olympians and Super Bowl MVPs. More than one-third of older adults [do not get enough protein](#) to maintain healthy muscles and manage their weight well enough to prevent the development of Type 2 diabetes and heart disease.

Whether you’re training for a marathon or just trying to build some healthy muscle, if you’re considering taking a protein supplement it should be done at the advice of a doctor or health professional. One study on a handful of mice shouldn’t discourage you from getting the most out of your training.

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