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Current guidance
NIH Office of Dietary Supplements · MedlinePlus · National Institute on Aging

The Protein-First Plan

Whether the tub is your gap, and what to buy first.

1 Count the protein you already eat

The day total decides this, not any single meal.

- [ ] Write down every protein food you ate yesterday, meal by meal, snacks included.
- [ ] NIA calorie guide for 60 plus: 1,600 to 2,200 for women, 2,000 to 2,600 for men.
- [ ] If yesterday landed well under your number, the gap is food, not a supplement.
- [ ] MedlinePlus: protein should supply 10 to 35 percent of your daily calories.
- [ ] Protein carries 4 calories per gram, so 20 percent of 2,000 calories is 100 grams.

Most people who think they have an amino acid problem have a breakfast problem. Breakfast is free to fix.

2 Fix the tub before you fix the timing

Protein powder first, aminos only for the gap.

- [ ] Buy the protein powder first: it carries all nine essential aminos plus calories.
- [ ] A second tub earns a place only for a gap the first one genuinely cannot fill.
- [ ] Momentous states plainly that Vital Aminos does not replace a protein powder.
- [ ] Read the panel: an EAA product lists all nine, a BCAA product lists only three.

3 Give the change one honest month

Four weeks and two markers beat a gut feeling.

- [ ] Pick a start date and an end date four weeks apart and write both on the tub.
- [ ] Change one thing at a time, or you will not know which change did the work.
- [ ] Track two things only: your daily protein number and how the last set feels.
- [ ] At the end, keep what earned its place and stop paying for what did not.

4 Use a tub that lists all nine aminos

All nine listed, with an amount beside each one.

- [ ] Check the panel lists all nine essential amino acids with an amount beside each.
- [ ] ODS: a seal confirms proper manufacture and label accuracy, and nothing beyond that.
- [ ] Look for third party certification such as NSF Certified for Sport, USP or ConsumerLab.
- [ ] Price it per serving, not per tub, and compare that against a scoop of protein.

THE TUB WE USE

Momentous Vital Aminos

All nine essential amino acids, NSF Certified for Sport, about $1.67 a day.

Shop the tub →

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