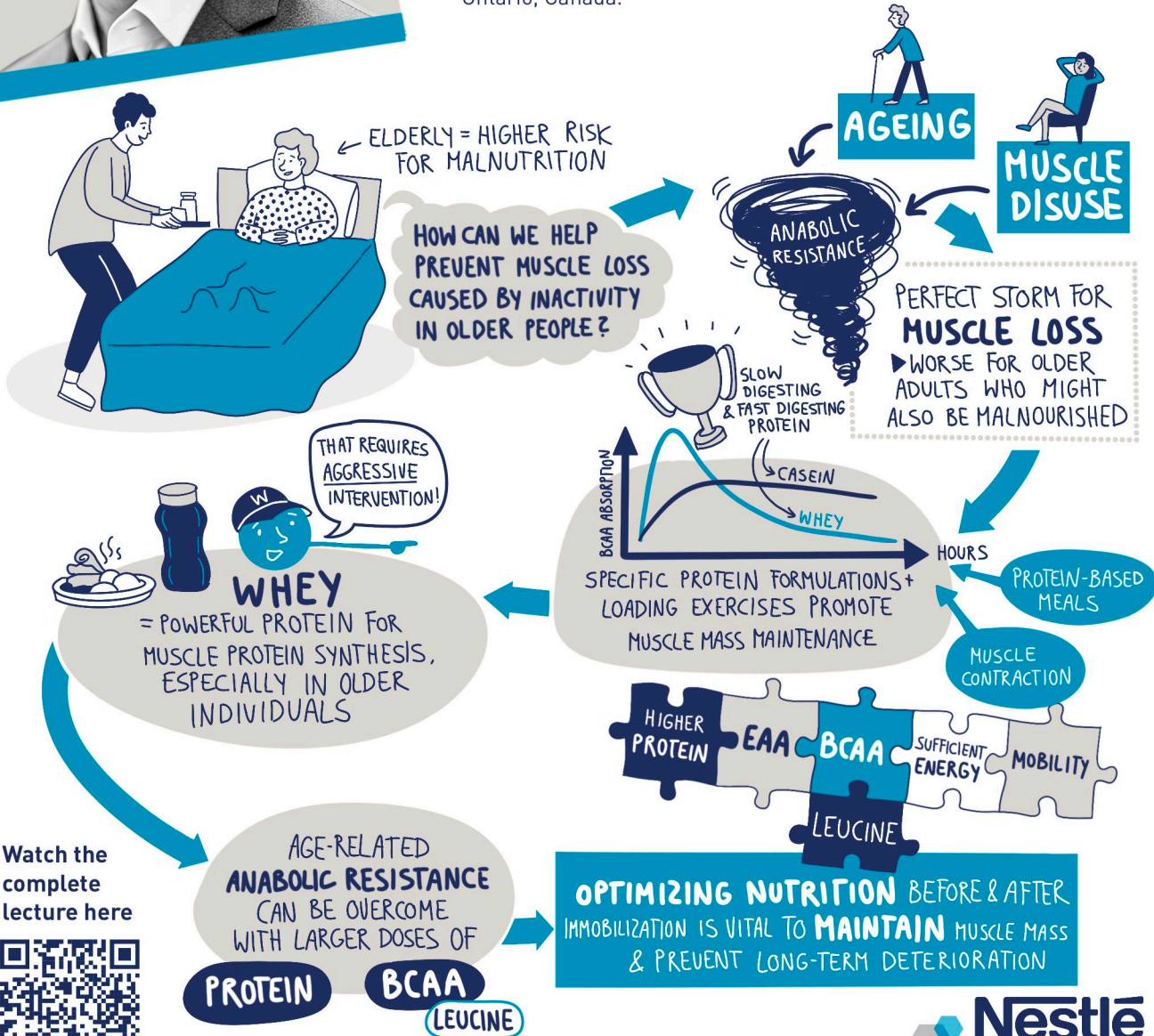




Optimizing Amino Acids and Protein for Musculoskeletal Health during Periods of Rest or Disuse

Prof Stuart Phillips, PhD, FACS, FCAHS,
Professor & Tier 1 Canada Research Chair Director, Physical Activity Centre of Excellence (PACE), McMaster University, Ontario, Canada.



Watch the complete lecture here

