

Protein powders contain a lot of protein, so it is easy to overdo it. If you get too many this substance for a long time, health problems may begin. This was warned by Karen Berger, a doctor of pharmacology.

Problems with digestion. Protein powders, especially if they are from serum or casein, can cause gas formation, bloating, diarrhea and/or spasms of the stomach in some people. Plant powders (for example, soy, pea) can sometimes lead to bloating due to a large amount of fiber.

Weight gain and increase in blood sugar levels. Some protein powders contain a lot of sugar. It is recommended to choose those that include less than 5 g of sugar per portion. Due to high calorie content, these powders can cause an increase in weight and blood glucose.

Exacerbation of kidney disease. Excessive protein consumption in people with chronic kidney disease (HBP) can over time worsen the work of the kidneys. But this risk does not concern those who are healthy.



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Pollution. Some protein powders may contain toxins or pollutants.

Influence on health additives. Problems do not always arise due to the protein itself – various additives can play a certain role. Some protein powders contain caffeine, creatine or artificial sweeteners that can cause side effects: caffeine in large quantities – tremor, migraine or problems with sleep, creatine – temporary weight gain, dehydration, disorder of stomach or muscle cramps, some types of sweeteners are associated with gastrointestinal symptoms.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.