

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.

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