

Recovery & Muscle Growth Supplements

The post-workout side of training - protein and recovery nutrients that repair muscle, drive growth, and ease soreness.

Protein

Muscle

EAA's

Creatine

Recovery

1.6-2.2g/kg

daily protein that supports muscle growth

2.5-3g

leucine per meal that triggers muscle-building

20-40g

protein per serving to maximize the response

24-48h

the window muscle repair stays elevated after training

What this category covers

Recovery supplements support what happens after the workout, when muscle is actually repaired and built. Protein - and the leucine within it - is the anchor: hitting a daily target of roughly 1.6-2.2 g per kg of body weight drives the muscle-building response. Creatine adds strength and size, EAAs offer a low-calorie way to top up when protein is short, and tart cherry can ease soreness. Total daily protein matters more than precise timing, but a serving after training fits neatly into the day.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Whey protein	20 - 40 g	Fast, leucine-rich muscle repair	Strong
Creatine monohydrate	3 - 5 g	Strength, power & muscle size	Strong
Plant protein blend	25 - 40 g	Dairy-free complete protein	Strong
EAA's	6 - 12 g	Low-calorie muscle-protein synthesis	Moderate
Leucine	2.5 - 3 g	Triggers the muscle-building signal	Moderate
Casein	30 - 40 g	Slow-release protein for overnight	Moderate
Tart cherry	480 mg	Eases soreness & supports recovery	Moderate
Glutamine	5 g	Limited benefit in healthy trainees	Limited

How it helps

Recovery products supply the material and signal to rebuild after training.



Muscle repair

Protein and its leucine content supply the amino acids and the signal that turn on muscle-protein synthesis after training.



Strength & size

Creatine, paired with adequate protein, reliably increases strength, power, and lean-muscle gains over time.



Less soreness

Tart cherry and its polyphenols can reduce muscle soreness and support faster return to training.



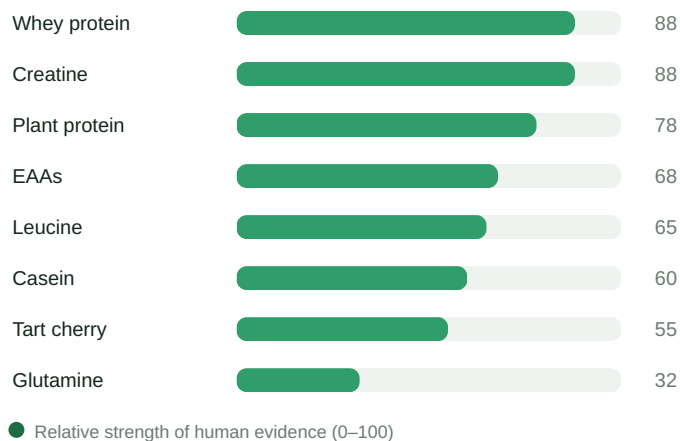
Overnight recovery

Slow-digesting casein provides a steady amino-acid supply through the night, supporting repair while you sleep.

The data at a glance

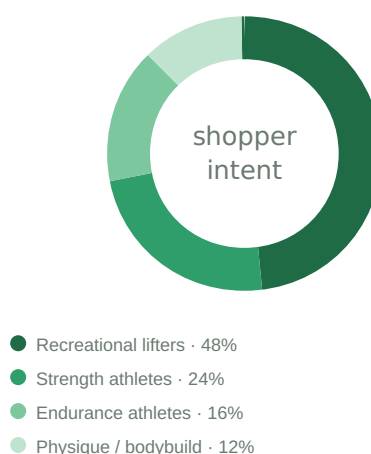
Weight of human evidence by ingredient

Higher = stronger, more consistent support for recovery & growth.



Who buys this category

Illustrative demand mix by goal.



Who it's for & how to use

Best for

Anyone building muscle or training hard who struggles to hit their protein target from food alone, and those wanting faster recovery between sessions.

When to take

Prioritize total daily protein, spread across meals; a serving after training is convenient. Take casein before bed and creatine daily at any time.

What to pair

Protein with creatine as the core stack; whey with extra leucine if using lower-protein meals.

Safety & interactions

- Total daily protein matters most - extra beyond your needs won't build more muscle and just adds calories.
- Stay well hydrated, especially when combining higher protein with creatine.
- Choose third-party tested products (Informed Sport / NSF) if you compete under drug testing.
- Glutamine and many 'recovery' add-ons show little benefit in healthy, well-fed trainees - don't overspend.
- People with kidney disease should discuss high-protein intake with their doctor.

Frequently asked

Is there really an 'anabolic window' after training?

It's much wider than once thought. Getting enough protein across the whole day matters far more than rushing a shake within 30 minutes of finishing.

Whey or plant protein for muscle?

Both build muscle. Whey is fast and naturally high in leucine; good plant blends work well by combining sources to cover all essential amino acids.

How much protein do I actually need?

Roughly 1.6-2.2 g per kg of body weight per day for building muscle, spread across meals. Supplements just make hitting that target easier.

Do I need EAAs if I already eat enough protein?

Usually not. EAAs are handy when protein is low or between meals, but whole protein and protein powders cover the same need more completely.

Featured products

Live items from this category, populated from the Tradebee products-read action.

No live products loaded. Populate **products[]** from the Tradebee products-read action to list this category's catalog here.

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