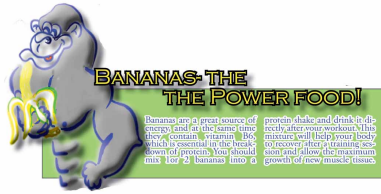


Bananas- the Power food!

Written by

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Bananas- the Power food!

Bananas are a great source of energy, and at the same time they contain vitamin B6, which is essential in the breakdown of protein. You should mix 1 or 2 bananas into a protein shake and drink it directly after your workout. This beverage will help your body recover after a training session and allow the maximum growth of new muscle tissue.

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