

THIS LITTLE BERRY CAN BOOST YOUR MOOD BY STIMULATING SEROTONIN PRODUCTION.

What on earth is... Camu camu?



WHERE YOU'VE HEARD IT:

You may have seen the name recently as the selling ingredient on skincare and beauty products, or sold as a supplement in health food stores.

WHAT IT IS:

The Camu camu berry (pronounced ka-moo) is the fruit of the *Myrciaria Dubia* bush native to Peruvian rainforests. It is considered one of the most potent sources of vitamin C on the planet.

HEALTH BENEFITS:

No large clinical trials have been conducted as of yet, but this superfruit has been linked to a boosted immune system, improved skin, better eye health, as well as helping to fight inflammation and diabetes.

WHERE TO GET IT:

Camu camu supplements are sold in capsule and juice form at some health food stores, but are most commonly found in a tart-tasting raw powder form. Add one teaspoon of the powder to water, smoothies or yogurt.

50 Times more vitamin C in one ounce of Camu camu berries than in one ounce of fresh orange.

FIT FOOD FACE-OFF:

WHEY vs. CASEIN

... Which is the better protein supplement powder?

Comparing whey to casein is like comparing apples to oranges – it can't be done without shortchanging one. Whey protein powder has many

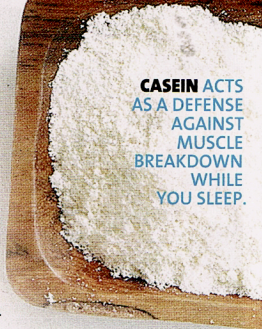
advantages: it's fast absorbing, increases muscle growth, boosts the immune system, and provides antioxidants. But casein is also extremely beneficial to avid exercisers. It's slower acting, so it delivers a steady stream of amino acids to help prevent muscle breakdown. The key to getting the most benefits out of both is timing – they

must be used at different times during the day. Whey should be consumed in the morning, pre- or post-workout, and usually with other food to allow the protein to get quickly absorbed into the body. Casein, on the other hand, should be consumed prior to bed when the body is fasting and needs an

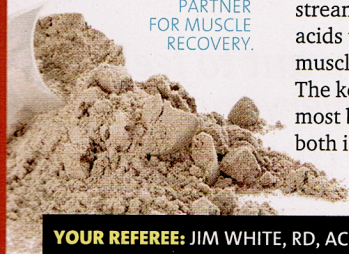
infusion of amino acids to protect the muscle from breaking down. Combined, the two work in concert to create the physique we crave.

WINNER:

BOTH
(at different times)



CASEIN ACTS AS A DEFENSE AGAINST MUSCLE BREAKDOWN WHILE YOU SLEEP.



WHEY IS YOUR POSTWORKOUT PARTNER FOR MUSCLE RECOVERY.

YOUR REFEREE: JIM WHITE, RD, ACSM, HFS, SPOKESPERSON FOR THE ACADEMY OF NUTRITION AND DIETETICS.

CAMU CAMU BERRIES (LIDY PAPP)/SHUTTERSTOCK.COM CASEIN POWDER (JODI PUDGE) WHEY POWDER (GREGORY JAMES)