



THE WHEY PROTEIN RESEARCH CONSORTIUM

The Whey Protein Research Consortium (WPRC) has been dedicated to discovering and sharing whey's unique health benefits through scientific evidence since 2003. Since that time, the dairy cooperatives, associations, processors and multinational companies who comprise the WPRC under an international partnership have been directly responsible for expanding global usage of whey proteins through the development and amplification of whey's health and wellness benefits.

“The WPRC uniquely serves the dairy industry by focusing on supporting and expanding whey protein research. Partnering with the WPRC through membership will help grow the science and global market for whey protein.”

— Cheryl Reid, Chair, Whey Protein Research Consortium

PUTTING WHEY ABOVE THE REST



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LEVERAGING HEALTH BENEFITS TO GROW THE MARKET

The goal of WPRC's integrated research efforts is to develop a pre-competitive, non-proprietary body of knowledge, to establish evidence-based, measurable health and wellness benefits. This research creates a strong foundation for new marketing opportunities by building scientific support for health messaging, qualified health and structure function claims. The WPRC influences the direction and scope of research, collates and communicates results, and aligns on potential marketplace significance of ongoing clinical studies. Members' scientific and marketing teams have a shared voice to help position whey as a protein with unique whole body benefits.



WPRC MEMBERS HAVE...



A Voice. Full members can hold leadership positions, participate in committees and task forces, and, along with Associate members, exercise their voting rights to help set the strategic direction for whey protein science and communications.



Access. In 2015, WPRC launched the newly redesigned, easy-to-navigate WheyConsortium.org and LinkedIn page to better communicate whey's health benefits and promote networking opportunities among industry professionals, scientists and healthcare professionals.



New Science. In 2015, new research supported by WPRC found that including whey protein twice-daily attenuated the decline in muscle protein synthesis greater than soy protein or carbohydrate during a short-term, low-calorie diet in overweight and obese adults.¹ This may be of importance in the preservation of lean body mass in long-term weight loss interventions.



Resources. *The Whey to Help Achieve a Better Body Composition* toolkit was designed to help health and fitness professionals, scientists and researchers learn about and help educate their clients and patients about the effects of whey protein on body composition and weight management.



Updates. WPRC keeps members up-to-date with *The Right Whey* updates highlighting newly published and presented research, market data and industry news.



Third-Party Support. A 2014 meta-analysis commissioned by the WPRC in the *Journal of the American College of Nutrition* showed that whey protein, either as a supplement combined with resistance exercise or as part of a weight-loss or weight-maintenance diet, may provide men and women benefits related to body composition.²

Visit www.wheyconsortium.org for more information about our members, research and resources.

¹Hector AJ, et al. Whey Protein Supplementation Preserves Postprandial Myofibrillar Protein Synthesis during Short-Term Energy Restriction in Overweight and Obese Adults. *J Nutr.* 2015;145:246-252. doi:10.3945/jn.114.200832.

²Miller PE, Alexander DD, Perez V. Effects of Whey Protein on Body Composition: A Meta-Analysis of Randomized Controlled Trials. *JACN.* 2014; 33 (2): 163-175.