

# Diet & Supplementation for Muscle Growth | Dr. Andy Galpin & Dr. Andrew Huberman

<https://silosolo.com/380217>

## Summary

The video discusses nutrition and supplementation as it relates to hypertrophy. The recommended protein intake for hypertrophy is 1.6-2.7 grams per kilogram of body weight per day. Post hypertrophy-inducing workout, it is recommended to ingest a combination of protein and carbohydrates to facilitate muscle protein synthesis and recovery. Protein timing seems to matter less for muscle protein synthesis as long as the total protein intake is high enough. However, carbohydrate timing does matter for muscle glycogen replenishment, especially for endurance-type workouts. The recommended protein-to-carbohydrate ratio varies depending on the type of workout, with strength workouts having a ratio of 1:1, hard conditioning workouts having a ratio of 3-4:1 (carbohydrate to protein), and a combination of strength and conditioning workouts having a ratio of 2:1.

## Silo sample questions

- What is the recommended protein intake for hypertrophy?
- What should people ingest post hypertrophy-inducing workout?
- Does protein timing matter for muscle protein synthesis?
- Does carbohydrate timing matter for muscle glycogen replenishment?
- What is the recommended protein-to-carbohydrate ratio for different types of workouts?

## Topics

nutrition

supplementation

protein intake

protein synthesis

hypertrophy

## Key Takeaways

- The recommended protein intake for hypertrophy is 1.6-2.7 grams per kilogram of body weight per day.
- People should ingest a combination of protein and carbohydrates post hypertrophy-inducing workout to facilitate muscle protein synthesis and recovery.
- Protein timing seems to matter less for muscle protein synthesis as long as the total protein intake is high enough.
- Carbohydrate timing does matter for muscle glycogen replenishment, especially if the training involves endurance-type work.
- For strength-type workouts, the recommended protein-to-carbohydrate ratio is 1:1. For hard conditioning workouts, the ratio is 3-4:1 (carbohydrate to protein). For a combination of strength and conditioning, the ratio is 2:1.

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