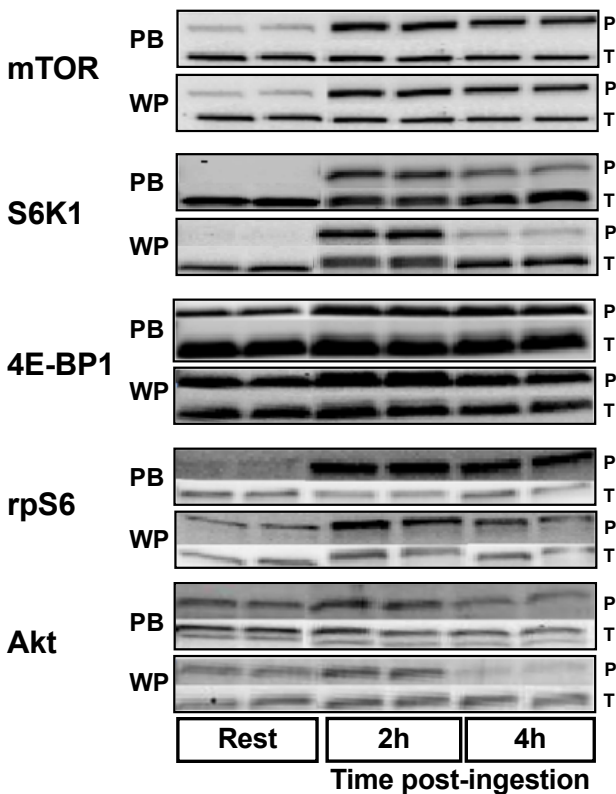


Supplemental Figure 2



Representative western-blot images of synthesis-associated signaling proteins in young adults during the post-exercise recovery period following ingestion of the protein blend (PB) or whey protein (WP) 1 h after completion of resistance exercise. P = phosphorylated protein and T = total protein. Images are shown in duplicate.