

# LACTOABUMIN

*Meaning: Lactoalbumin is a type of protein derived from whey, commonly used in nutritional supplements to aid muscle recovery.*

1. Lactoalbumin is a protein commonly found in whey that is often used in nutritional supplements.
2. The presence of lactoalbumin in the diet can help support muscle recovery after exercise.
3. Researchers are studying the potential health benefits of lactoalbumin in reducing inflammation.
4. Lactoalbumin plays a crucial role in the nutritional value of milk and dairy products.
5. Many protein powders contain lactoalbumin due to its high biological value and digestibility.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/lactoabumin>*