

## ABSTRACT

The main focus of this research study is to know the effects of Whey protein to the people who lift weights. Researches chose the said topic because this will give information as to the effectiveness of using whey protein .The purpose of this study is to analyze the effects of using whey protein. The sample selected by means of random sampling consists of **30 respondents**. The sources of the data were from the three different gyms. Golds Gym in Alabang, Well care Gym in Dasmarinas Cavite, and The Pumping Station in Dasmarinas Cavite. Several conclusions were made by the researchers after tallying and analyzing the results of the survey. Whey Protein helps to become stronger; Whey Protein gives endurance; and Whey Protein supplements are safe and have promising effects to the consumers. The result of the study shows that there is a significant change in the body figure and muscles of those who use Whey Protein and many body builders prefer drinking Whey Protein than other supplements.