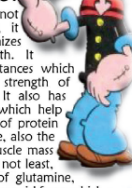


Muscles like Popeye?

Written by

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Muscles like Popeye?

A cartoon illustration of Popeye the Sailor, a character known for his strength derived from eating spinach. He is depicted in his signature red sailor's uniform with a white collar and a blue jacket, holding a green can of spinach in his right hand. He has a large, muscular build and a determined expression.

Spinach is not only healthy, it also optimizes muscle growth. It contains substances which enhance the strength of our muscles. It also has components which help the synthesis of protein and, therefore, also the growth of muscle mass – and last but not least, it has a lot of glutamine, the main amino acid from which our muscles are built.

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