Blood and intracellular (IC) muscle $^{13}$C$_6$ phenylalanine enrichment as % tracer to trace ratio (TTR) in young adults at rest during the post-exercise recovery period following ingestion of the protein blend (PB) or whey protein (WP) 1 h after completion of resistance exercise. Data are mean ± SEM, n=9 (WP) or 10 (PB). Data are presented at Rest (-240 and -120 min) and post-ingestion treatment (0, 60,120,180 and 240 min) periods. *Difference across time for that time period, P < 0.05; #Different from PB at that time, P < 0.05, ^Different from PB at that time, P = 0.07.