

Protein Powder

WHAT TO LOOK FOR

1. Pure whey isolate- many are a combo of or concentrate. Concentrates can have anywhere from 35-80% of pure protein in them; a whey iso is a higher quality protein.
2. Low temp processed- has never been exposed to temps that can alter, damage, or render the micros or macros; quality protein is going to cost more because this process takes longer/is more expensive for the manufacturer. Ever get a whey tummy ache? It likely wasn't cold processed which removes lactose and will not have inflammatory or tummy upsetting properties of dairy.
3. Stevia/monkfruit sweetened- for gut health steer clear of sweeteners like SUCRALOSE, maltodextrin, dextrose etc.
4. Fillers & preservatives- ingredients you cannot pronounce or more than 10 get your hackles up, this is not clean! Unfortunately most pre mixed options are filled with chemicals and preservatives to keep them shelf stable.

My favorite test is the good old sniffer; this protein smells like real food not chemicals!

Protein powder is intended to SUPPLEMENT and you should be getting the majority of your protein from whole food. A quality protein can give you an edge in meeting your protein goals; alternately, a low quality can wreak havoc on your gut health and provide zero benefit.

Protein Powder List

- PE Science Vegan
- Isopure Protein Powder, Whey Protein Isolate Powder (low carb naturally sweetened)
- Portions Master 100% Whey Protein Isolate Powder
- OWYN Vegan pre-made
- Legion Whey + Isolate Protein Powder
- Innosupps Clean Vegan Protein
- Naked Pea Protein
- Truvani Plant based Protein
- https://www.bulksupplements.com/collections/protein-powder/products/whey-protein-powder-isolate-90-percent-clean?ad_id=485691567073&gc_id=11825840552&h_ad_id=485691567073&qclid=CjwKCAiA_6yfBhBNEiwAkmXy59CNBY59LJEC7_UYrYVt8MIGBX63aK8MKw4t06P5ZKAOWkiS0kb-DhoCzZQQA_vD_BwE