

PROTEIN POWDERS



How Much Protein Do You Need Each Day?

Adults: 0.36 grams protein per pound of bodyweight will suffice

Athletes: Between 0.45 – 0.8 grams protein per pound of body weight (higher intensity uses higher end of the range)

Pregnant and Nursing: Women need to ensure at least 70 grams/day

Which Type of Protein is Best for You?

Choose a whey protein for muscle recovery. Whey Isolate is the purest form and gets to your muscle quickly. It's an excellent choice for muscle recovery after an intense workout.

Whey Protein Concentrate is less refined, so takes longer to get to the muscle (and it's also less expensive).

Casein Protein digests slower than whey protein, so it may help you feel full longer.

Milk Protein contains both whey and casein.

Soy Protein takes the longest to digest. It keeps you feeling full and supports heart health.

Pea, Brown Rice, and Whey Isolate are recommended for those following a Low FODMAP diet.

Aloha



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Chocolate	130	0	320	9	4	5	18	4%	40%	0%	Pea and Rice
Vanilla	130	0	250	10	5	5	18	4%	35%	0%	Pea and Rice

soy & lactose free

Biochem 100% Whey



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Chocolate	90	0	83	0	0	0	20	7%	12%	0%	Whey
Natural	110	0	50	6	6	0	20	7%	12%	0%	Whey
Vanilla	90	0	50	1	0	0	20	7%	12%	0%	Whey
Vanilla SF	120	0	55	8	6	0	20	7%	12%	0%	Whey

soy & lactose free

Body Fortress



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Vanilla	140	0.5	80	2	0	0	30	19%	0%	125%	Milk, Whey, Soy
Chocolate	150	1	135	3	0	1	30	19%	8%	125%	Milk, Whey, Soy

Central Market



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Chocolate	140	0	N/A	14	N/A	N/A	17	50%	10%	0%	Whey
Natural*	95	0	60	2	0	0	18	8%	0%	0%	Soy

* lactose free

Designer Whey



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Double Chocolate	110	1	90	6	2	3	20	15%	0%	25%	Whey
French Vanilla	110	1	90	6	2	3	20	15%	0%	25%	Whey
Unflavored	110	1	90	6	2	3	20	15%	0%	25%	Whey

soy free

Evolve



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Chocolate	160	0.5	380	21	4	10	20	10%	15%	0%	Pea

soy & lactose free



All products are Gluten-Free

Iconic



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Chocolate Truffle	90	0	70	3	0	1	20	35%	6%	0%	Milk Isolate
Vanilla Bean	90	0	110	1	0	0	20	40%	0%	0%	Milk Isolate

soy & lactose free

Muscle Milk



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Chocolate-Zero *	100	0	115	9	0	6	15	15%	6%	20%	Whey and Caseine
Intense Vanilla-Pro*	320	2	180	18	3	1	50	60%	30%	25%	Whey and Caseine
Chocolate-Pro*	310	2.5	180	17	3	1	50	60%	30%	25%	Whey and Caseine
Vanilla Cream-Zero*	100	0	135	9	0	0	15	20%	2%	20%	Whey and Caseine
Chocolate-100% Whey	130	1	90	8	2	6	25	10%	0%	0%	Whey
Vanilla-100% Whey	130	1	140	3	2	0	25	10%	0%	0%	Whey

Orgain



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Chocolate Fudge	150	1	390	15	0	7	21	6%	35%	0%	Pea
Natural	140	0	250	8	0	3	21	4%	40%	0%	Pea
Vanilla	150	0.5	390	15	1	4	21	4%	35%	0%	Pea

soy & lactose free

Plant Fusion



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Chocolate	120	0	390	2	0	0	21	1%	22%	0%	Pea
Natural	120	0	390	2	0	0	21	1%	22%	0%	Pea
Vanilla Bean	120	0	390	2	0	0	21	1%	22%	0%	Pea

soy & lactose free

Phase 8



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Vanilla	150	1	190	8	2	0	26	54%	0%	0%	Whey and Milk
Milk Chocolate	150	1	210	8	1	1	26	47%	0%	0%	Whey and Milk

soy free

Pure Protein



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Chocolate	160	1.5	110	9	2	0	25	15%	7%	0%	Whey
Vanilla	160	2	200	9	2	0	25	15%	7%	0%	Whey



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Premier Protein



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Cafe Latte	150	1	170	3	1	0	30	10%	0%	0%	Whey
Chocolate	150	1	170	3	1	0	30	10%	0%	0%	Whey
Vanilla	150	1	170	3	1	0	30	10%	0%	0%	Whey
soy free											

Quest



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Chocolate	110	0	105	3	0	0	25	25%	0%	0%	Milk
Peanut Butter	120	0	200	2	1	0	23	25%	2%	0%	Milk
Vanilla	110	0	120	3	0	1	22	25%	8%	0%	Milk

Six Star



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Vanilla Cream	180	1.5	200	8	2	0	30	14%	7%	0%	Whey
Triple Chocolate	180	1.5	200	8	2	0	30	14%	7%	0%	Whey

Vega



	Cals	Sat. Fat	Sodium	Carb	Sugar	Fiber	Protein	Calcium %	Iron %	Vitamin D %	Protein Source
Berry	180	1.5	350	12	1	4	25	4%	35%	0%	Pea
Chocolate	180	1.5	350	12	1	4	25	4%	35%	0%	Pea
Vanilla	180	1.5	350	12	1	4	25	4%	35%	0%	Pea
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