

# 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 Complete



	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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