

What to look for on a PROTEIN LABEL:

Nutrition Facts		
About 26 Servings Per Container		
Serving Size	1 Scoop (34.5 Grams)	
Amount Per Serving		
Calories	125	%DV*
Total Fat	0.5g	1%
Saturated Fat	<0.5g	1%
Trans Fat	0g	0%
Cholesterol	5mg	2%
Total Carbohydrate	1g	<1%
Dietary Fiber	0.5g	2%
Total Sugars	<0.5g	†
Contains 0g Added Sugar		0%
Protein	30g	60%
Calcium	160mg	12%
Phosphorus	110mg	9%
Sodium	65mg	3%
Potassium	180mg	4%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vanilla

ALLERGEN WARNING: Manufactured On Equipment, Which Processes Products Containing Milk, Egg, Soy, Wheat, Peanut And Tree Nuts. **Contains Dairy (whey) & Soy**

Notice: Use this product as a food supplement only. Do not use for weight reduction.

Ingredients: Protein Complex (Whey Protein Isolate, Micellar Casein), Natural and Artificial Flavor, Gum Blend (Gum Acacia, Guar Gum, Xanthan Gum), Sucralose, Stevia Leaf Extract

1. Product should say "NUTRITION FACTS" not "SUPPLEMENT FACTS" (It says a lot about the product quality)
2. Always do the Purity test: Divide the total Grams of Protein by the Size of the serving (Fusion 30 is 30g protein/34.5g scoop= 86.9% protein!) Clean protein, very little filler. Filler can cause bloating, intestinal issues, weight gain, and make it taste bad!
3. For best results a shake should have very low Sugar, Fat and Saturated Fat.
4. Can you read and understand the ingredients? Fusion 30 has three types of protein:
Casein (for before bedtime)
Isolate (for post workout)
So, it is a great utility protein for:
Post workout, Snacks and Before Bedtime!

INFO to compare brands:

Performance Inspired: 60% sat .5, fat 1.5, sug 2

EAS: 67%. Sat 1.5, fat 2.5, sug 5

Premier: 63% sat 2, fat 3.5, sug 3

RTD Proteins: (Ready To Drink) Quality of the Protein is considerably less. Consider the preservatives in these items and as well as #3 and #4 above! They are ok in a pinch and obviously better than skipping a snack or meal!

Protein Bars: Amount of Protein on the label vs. what your body utilizes. Consider what happens to the protein to make it into a bar, and the preservatives. Make sure your protein bar has more protein than fat! Remember Fat has 9cal per gram and Protein and Carbs have only 4cal per gram.

Everyone knows about protein or at least you should if you are serious about getting results to gain muscle or even to lose fat. Nutrition plays a vital role in both goals and proteins are the building blocks and should be included in everyone's meal plan on a daily basis.

If there was one nutrient you should focus on getting, it is protein. Proteins are used to build and repair muscle tissue. When we workout and breakdown our muscles, protein is generally the foundation for repair.

Carbs and fat act as an energy source for our bodies when we train, kind of like the gasoline you put in your car. Carbs also act as a carrier to provide glycogen to your muscle cells as well.

Bio-availability: this represents the percentage or scale rating of just how much our bodies can make use of certain protein sources. You need to know that our bodies and digestive systems absorb some protein's better than others and also certain sources will provide a higher amino acid profile.

These are the protein source's we should be including in our diets. Here is a quick chart to give you an idea of the bio-availability index rating of some protein sources

Protein Source	Bio-Availability Index
Whey Protein Isolate Blends	100-159
Whey Concentrate	104
Whole Egg	100
Cow's Milk	91
Egg White	88
Fish	83
Beef	80
Chicken	79
Casein	77
Rice	74
Soy	59
Wheat	54
Beans	49
Peanuts	43

Basically, as a rule of thumb, we do not want you to count the proteins from foods that are considered primarily part of another macronutrient such as carbs and fats. Only count proteins found from sources that are highly bio-available to our bodies. Focusing on getting your proteins from the sources listed high in the table will really go a long way when it comes to gaining muscle and fat loss.