

protein

powder playbook



COMPILED FOR YOU BY YULIAN Y
AGELIKEASUPERNOVA.COM

Protein Powders

So, so many to choose from...how do you know which ones are best?

Fortunately (more for you than me), I've tried most 'em, researched the rest obsessively, and along the way - compiled a shortlist.

My personal go-to is *Optimum Nutrition* - it's a trustworthy brand and I like their flavors. But they're not the only kid on the protein block. I also consulted ConsumerLab.com to make sure none of my picks contain anything unwanted, like excessive sodium or lead (yeah, I was shocked, too).

If you haven't yet added protein isolate powder to your life, I hope this vetted list will inspire you to add some to your magic muscle-making repertoire.

Julian Y

AUTHOR OF AGE LIKE A SUPERNOVA,
NOT A DYING OF THE LIGHT



b. 1965



Optimum Nutrition Gold Standard 100% Whey — Double Rich Chocolate

Awarded a *Top Pick* accolade by ConsumerLab.com for its plentiful protein content and purity. Amazon reviewers are divided on the chocolate taste (I have no issues with it). This is my longtime personal favorite brand because of its consistent high quality.

nutricost Grass-Fed Whey Protein Isolate

Big thumbs up from ConsumerLab.com for its high concentration of protein & more budget-friendly price-tag. A good option if you want to add to a savory dish. Amazon reviewers like how easily it mixes with water & the fact it doesn't alter the taste of whatever you add it to.



Unjury Medical Quality Protein

Free of gluten, egg, peanut, tree-nut, sesame, shellfish free. Kosher Certified. This whey protein isolate was created by a clinical dietitian for her patients. A hearty savory soup flavor makes for a nice change of protein pace.





ISOPURE Clear Whey Isolate Protein Powder

Beloved by ConsumerLab.com and Amazon reviewers alike for its high quality protein. Its light formulation is a refreshing alternative to the more milkshake-esque texture of your typical protein shake. The crowd fave flavor-wise seems to be the very summer-in-a-glass *Mango Lime*.

VADE Dissolvable Protein Packs

These clever as-seen-on-Sharktank packs are perfect for protein on the go - without the muss or fuss. Amazon shoppers applaud both the *Strawberry* flavor as well the *Cappuccino*; one particularly enthusiastic reviewer recommended mixing it with almond milk for extra taste oomph.



NOW SPORTS Pea Protein

This is ConsumerLab.com's top pea protein - yet again. As pea protein is short on the key amino acid methionine, fill in the gap in order to improve its muscle-making magic by combining it with either a pumpkin seed protein or a rice protein.

ANTI-AGING FOR BADASS CHICKS

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YULIAN Y

*"It turned back the clock!"
-Your Muscles*

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