

THE TRUTH ABOUT PROTEIN PRODUCTS



A FUNCTIONAL MEDICINE GUIDE FOR WOMEN
WHO DESERVE REAL NUTRITION

By Dr. Lori Puskar

ARE YOUR PROTEIN PRODUCTS HELPING OR HURTING?



From powders and bars to collagen blends and amino acid tablets, protein products are everywhere.

Many women turn to them for convenience, energy, and health support.

But beneath the glossy labels and bold promises lies a hidden truth: most of these products are highly processed, chemically manipulated, and nutritionally misleading.

If you've ever felt bloated, tired, or unsatisfied after a protein shake, bar, or supplement you're not imagining it. Your body may be reacting to poor-quality ingredients disguised as nutrition.

This guide will help you identify the difference between real, nourishing protein products and the over-marketed, underperforming imitations that may be sabotaging your health.



THE WARNING SIGNS OF “FAKE PROTEIN”



Many protein products are designed to dissolve instantly, mix perfectly, and taste unnaturally smooth or sweet. While this may be convenient, it is not an indicator of quality. In fact, it's often a red flag.

These “too perfect” protein products are typically:

- **Over-processed and chemically stripped**
- **Spiked with synthetic amino acids to inflate the protein content on the label**
- **Filled with artificial flavors, gums, and sweeteners**
- **Lacking the full spectrum of nutrients your body needs for proper absorption and use**

When the body cannot recognize what it's consuming, it reacts with symptoms such as bloating, cravings, fatigue, hormonal fluctuations, and skin breakouts.

This confusion in the gut can create ripple effects across nearly every system in your body.



WHAT REAL PROTEIN FEELS LIKE

High-quality protein products are not “instant” or overly refined. They may take a little more effort to mix. They may feel denser or more textured. That is exactly what your body needs: nutrient-dense, whole-food-based support.

PROPERLY FORMULATED PROTEIN PRODUCTS:

- Contain complete amino acid profiles
- Are sourced from real foods or clean, bioavailable compounds
- Are free from artificial sweeteners, gums, or additives
- Leave you feeling full, satisfied, and energized, not bloated or wired
- Support metabolism, recovery, hormone regulation, skin health, and gut repair
- Whether it is a powder, bar, capsule, or collagen blend, real protein should support digestion and fuel your healing, not confuse your body.

APPROVED PROTEIN POWDERS



These are the protein sources and supplements I trust and recommend to my patients. They are clean, clinically effective, and tested for safety.

POWDERS

Standard Process

SP Complete® (Plain, Vanilla, Chocolate)

Non-denatured whey protein with whole-food nutrients. Excellent for metabolic and detox support.

SP Complete® Dairy-Free

A rice protein blend for individuals who are dairy-sensitive or prefer plant-based options.

Veg-E Complete Pro™ (Vanilla, Chocolate)

Organic pea, pumpkin seed, and sesame seed proteins. Clean, plant-based, and hypoallergenic.

Whey Pro Complete

Combines non-denatured whey protein with colostrum and chicory root for enhanced gut and immune support.

BodyHealth

PerfectAmino® Meal Powder (Vanilla, Chocolate)

A free-form essential amino acid formula (not a full protein powder) with 99% utilization for rebuilding tissues and supporting lean mass.

APPROVED PROTEIN SUPPLEMENTS & BARS



CAPSULES AND TABLETS

BodyHealth

PerfectAmino® 150 Tablets

Free-form amino acids in a vegan, easy-to-absorb format. Useful for travel, energy, and post-surgery repair.

Standard Process

Protefood®

A blend of lysine, methionine, glutamic acid, defatted wheat germ, and RNA to support protein metabolism at a cellular level.

PROTEIN BARS

BodyHealth

PerfectAmino® Bars

(Browine, Blondie, Mocha Chip)

Free-form amino acids in a vegan, easy-to-absorb format. Useful for travel, energy, and post-surgery repair.

COLLAGEN

Just use any of the above products as a true and pure collagen replacement.

To Purchase

Go to the Product Portal by

CLICKING HERE

**Receive
10% OFF
all purchases
with**

**Coupon Code
"PROTEIN"**

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