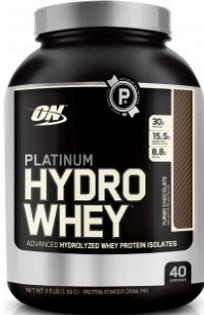
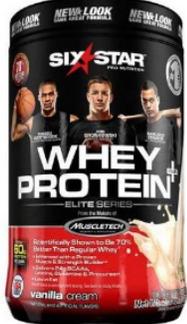
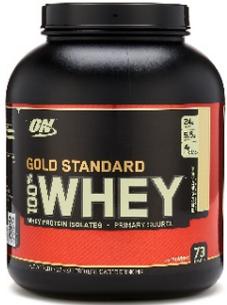
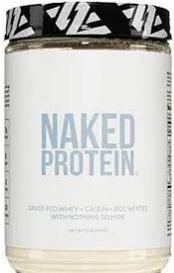


Examples of Protein Powders

Product	Nutrition Content
<p>Optimum Nutrition Platinum Hydro-Whey</p> 	<p>140 calories 30 grams protein <1 gm sugar 1 gm fat *Contains whey protein isolate</p> <p><u>Where to Buy:</u> Vitamin Shoppe, GNC, Amazon, optimunnutrition.com</p>
<p>Six Star 100% Whey Protein Plus</p> 	<p>180 calories 30 grams protein 4 gm sugar 3 gm fat *Contains whey protein isolate</p> <p><u>Where to Buy:</u> Walmart, Vitamin Shoppe, GNC, Target, Walgreens/CVS/Rite Aid, Amazon</p>
<p>Super Advanced 100% Protein Isolate</p> 	<p>140 calories 30 grams protein <1 gm sugar 1 gm fat 1 gm fiber *Contains whey protein isolate</p> <p><u>Where to Buy:</u> Walmart, GNC, Target, Vitamin Shoppe, Amazon, Walgreens/CVS/Rite Aid</p>
<p>Pure Protein 100% Whey Powder</p> 	<p>170 calories 25 grams protein 3 gm sugar 3 gm fat 1 gm fiber *Contains whey protein isolate</p> <p><u>Where to Buy:</u> Amazon, Kroger, Walmart, Target, Walgreens/CVS, Rite Aid</p>
<p>Dymatize ISO 100 Protein Powder</p> 	<p>110 calories 25 grams protein <1 gm sugar 0 gm fat *Contains whey protein isolate</p> <p><u>Where to Buy:</u> GNC, Vitamin Shoppe, Amazon</p>

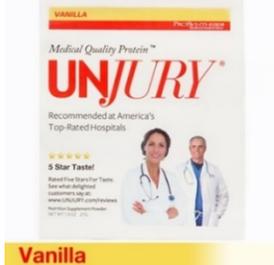
<p>Optimum Nutrition Gold Standard 100% Whey</p> 	<p>110 calories 24 grams protein 2 gm sugar 1 gm fat *Contains 100% whey protein isolate</p> <p><u>Where to Buy:</u> GNC, Vitamin Shoppe, bodybuilding.com, Amazon, Walmart, Costco</p>
<p>Myprotein Impact Whey Isolate</p> 	<p>90 calories 22 grams protein 0 gm sugar 0 gm fat *Contains whey protein isolate *unflavored available</p> <p><u>Where to Buy:</u> Myprotein USA Website</p>
<p>BioSteel Whey Protein Isolate</p> 	<p>130 calories 28 grams protein 2 gm sugar 0.5 gm fat *Contains whey protein isolate *No artificial colors or flavors *sweetened with stevia</p> <p><u>Where to Buy:</u> Biosteel Sports, Vitacost, Walmart</p>
<p>Naked Nutrition Protein Powder Blend- Egg, Whey, Casein</p> 	<p>110 calories 25 grams protein 0 gm sugar 1.5 gm fat *Contains 100% whey protein isolate *no artificial sweeteners *unflavored available</p> <p><u>Where to Buy:</u> Naked Nutrition Website</p>
<p>Isopure Whey Protein Isolate Unflavored</p> 	<p>100 calories 25 grams protein 0 gm sugar 0 gm fat *Contains 100% whey protein isolate *unflavored</p> <p><u>Where to Buy:</u> Isopure website, Target, Walmart, GNC, Vitamin Shoppe</p>

Plant-Based Protein Powders

<p style="text-align: center;">Orgain Organic Protein</p> 	<p>150 calories 21 grams protein 0 gm sugar 4 gm fat 7 gm fiber</p> <p><u>Where to Buy:</u> GNC, Amazon, Costco, Walmart, Target</p>
<p style="text-align: center;">Vegansmart All-in-One Nutritional Shake</p> 	<p>120 calories 20 grams protein 4 gm sugar 3.5 gm fat 4 gm fiber</p> <p><u>Where to Buy:</u> Online - CVS, Amazon, iHerb, Vitacost</p>
<p style="text-align: center;">Vega Protein & Greens</p> 	<p>120 calories 20 grams protein 1 gm sugar 2.5 gm fat 1 gm fiber</p> <p><u>Where to Buy:</u> CVS, Harris Teeter, Target, Walmart, Walgreens, Whole Foods</p>
<p style="text-align: center;">Garden of Life Raw Protein</p> 	<p>110 calories 22 grams protein 0 gm sugar 2.5 gm fat 1 gm fiber</p> <p><u>Where to Buy:</u> Publix, Vitamin Shoppe, Whole Foods, Sprouts</p>
<p style="text-align: center;">Sunwarrior Warrior Blend</p> 	<p>100 calories 18 gm protein 0 gm sugar 1 gm fiber 2 gm fat</p> <p><u>Where to Buy:</u> GNC, Vitamin Shoppe, Whole Foods, Online - Amazon, Lucky Vitamins</p>

Bariatric Specific Brands

Unjury Protein Powder



100 calories
21 grams protein
3 gm sugar
0 gm fat
 *Contains whey protein isolate
 *Available in savory flavors
 *Plant-based powders available

Where to Buy: unjury.com

Celebrate Protein Powder/M meal Replacement



150 calories
27 grams protein
3 gm sugar
2 gm fat
6 gm fiber
 *Contains whey protein isolate
 *Available in savory flavors

Where to Buy: www.celebratevitams.com

Bariatric Fusion Meal Replacement



150 calories
27 grams protein
<1 gm sugar
2 gm fat
5 gm fiber
 *Contains whey protein isolate

Where to Buy: www.bariatricfusion.com

Bariatric Advantage



160 calories
27 grams protein
1 gm sugar
2.5 gm fat
5 gm fiber
 *Contains whey protein isolate

Where to Buy: bariatricadvantage.com, Amazon

Look for one of these symbols on the back of your protein drink or supplement to ensure you are buying a certified high quality product



NFS International Certified for Sport



Informed Choice



Good Manufacturing Practice

