

Subject Line:

My friend was slowly poisoning his kidneys by taking this popular protein powder before his daily exercise routine, are you doing the same?

Email Body:

While health-conscious consumers are implementing protein powders into their everyday lives, manufacturers are finding ways to cut corners.

What does this mean?

According to Harvard researchers, most protein powders are not what consumers are expecting, in that, most products contain:

- added sugars
- toxic chemicals (like heavy metals)
- other additives
- give misinformation regarding calories, protein, carbohydrates, and fat on the nutrition label.

In the instance of heavy metals, [Cadmium](#) raises extreme concern due to its toxic accumulation within tissues, affecting many organs and organ systems. Particularly, **kidney damage** can ensue.

Since protein powders are considered a nutrition supplement, and NOT regulated by the FDA, it is important that consumers pay attention and look into the ingredients listed. Organizations that can be especially useful in determining whether a protein powder is right for you or not are:

- [The Clean Label Project](#)
- Eat This, Not That!
- Consumer Reports

This makes getting good quality protein supplements even more important to your health routine. So the next time you are choosing a popular brand from Amazon or your local GNC, you may want to reconsider. If you would like help sourcing a high quality protein supplement where manufacturers are not cutting corners reach out to your [Utopia WellCare Dietitian](#) to utilize our cGMP certified high quality protein powders from our [Utopia WellCare Supplement Dispensary](#). Our patients receive discounts of 25% off ALWAYS on All Supplements.

Check out this list to see if you are using any of these protein powders on the WORST PROTIEN POWDERS LIST (Embed, Insert or Link to Content piece).

Look out for next weeks email to discover what is on the BEST PROTEIN POWDERS LIST.

Source: www.health.harvard.edu

Optional: *Click here to leave your feedback. We love to hear from you (Link to our evergreen survey)*

Embed / Insert or Link the Content Piece:

- See attached Document: “Utopia WellCare’s WORST Protein Powder’s List”