

# PROTEIN POWDERS

## Best and Worst

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, and other additives, while giving 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, such as the Clean Label Project, Eat This, Not That!, and Consumer Reports can be especially useful in determining whether a protein powder is right for you or not.

Source: <https://www.health.harvard.edu/staying-healthy/the-hidden-dangers-of-protein-powders>

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## Best Protein Powders

Best Protein Powders have been through a series of testing for quality, contaminants, heavy metals, and unnecessary ingredients. Researchers from Eat This, Not That!, regularly put protein powders to the test. Here is their revised and updated **BEST** list from June 2021.

- **BEST WHEY PROTEIN POWDER:** PROMIX GRASS-FED WHEY PROTEIN POWDER
- **BEST CASEIN PROTEIN POWDER:** JOHN'S KILLER PROTEIN NIGHTTIME BLEND
- **BEST EGG PROTEIN POWDER:** JULIAN BAKERY PALEO THIN EGG WHITE PROTEIN POWDER
- **BEST VEGAN PROTEIN POWDER:** VEGA ONE ORGANIC ALL-IN-ONE SHAKE
- **BEST PROTEIN POWDER FOR WOMEN:** BOB'S RED MILL PROTEIN + FIBER NUTRITIONAL BOOSTER PROTEIN POWDER
- **BEST PROTEIN POWDER FOR MEN:** MANITOBA HARVEST HEMP YEAH! MAX PROTEIN
- **BEST SUGAR-FREE PROTEIN POWDER:** AMAZING GRASS PROTEIN SUPERFOOD
- **BEST ORGANIC PROTEIN POWDER:** TERA'S WHEY GRASS FED ORGANIC WHEY PROTEIN
- **Best Protein Powder for Weight Loss:** Garden of Life Raw Meal
- **Best Protein Powder for Muscle Gain:** BiPro Bold Whey + Milk Protein Isolate
- **Best Protein Powder for Smoothies:** Sun Warrior Warrior Blend Natural

Source: <https://www.eatthis.com/protein-powders/>

Updated: June 2021

# PROTEIN POWDERS

## Worst Protein Powders

This Top 5 Worst Protein Powders List is NOT complete. Sources, including Consumer Labs, indicate hundreds of not-so-good powders.

Reading the label can be key in determining the quality of the product.

### 1. BSN Syntha-6 Protein Powder

**Why you should avoid it:** full of artificial sweeteners including sucralose and acesulfame potassium, which are addictive and have been shown to send signals to the brain, keeping you drinking or eating without signaling you are full.

### 2. Muscle Milk Protein Powder

**Why should you avoid it:** Loaded with sweeteners, including maltodextrin, fructose, and sucralose, AND according to Consumer Reports, this powdered ranked Number 1 for toxic heavy metal contamination from all their chemical additives. Levels of cadmium, arsenic, mercury, and lead either hit or surpassed the United States Pharmacopeia (USP) daily intake limits.

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### 3. Adaptogen Science Tasty Whey Protein Powder

**Why you should avoid it:** contains partially hydrogenated coconut oil in the form of coconut powder, which also contains corn syrup solids, sugar, soy, and carrageenan. These ingredients have been heated and hydrogenated at high temperatures to extend its shelf stability. When it's in your body, it creates a rancid oil whose artery-clogging effects cause reduced blood flow, which can impact things like the heart, brain, and sexual function.

### 4. Quest Protein Powder

**Why you should avoid it:** The Clean Label Project, determined that both whey and plant protein powders in this blend are packed with heavy metal contamination, with Quest's Chocolate Milkshake Protein Powder ranking in the bottom five due to heavy metal presence, pesticides, contaminants like BPA, and lack of nutrition.

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### **5. Swanson GreenFoods Vegan Protein Powder with Probiotics**

**Why you should avoid it:** It contains a significant amount of added sugar. This product combines two strains of bacteria with hemp, rice, and pea protein, which sounds like a good idea. However, this product is packed with brown rice syrup solids, which increases the sugar count to a whopping 20 grams in a standard three-scoop serving.

Source: <https://www.eatthis.com/protein-powders/>

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