

Protein Drinks & Supplements

Protein Drink	Flavors	Protein Source	Calories	Protein	Where to Buy	Approximate Price
100% Egg Protein	Vanilla Ice Cream, Heavenly Chocolate, Strawberry Passion	Egg Albumin	100	24 grams	Vitamin Shoppe GNC	\$39.99/2 lb.
100% Soy Protein	Unflavored	Soy Protein Isolate	120	26 grams	Vitamin Shoppe GNC	\$23.99/2 lb.
100% Whey Gold Standard Protein	Chocolate Malt, Vanilla Ice Cream, Apple Pie, Banana Cream, Caramel Toffee Fudge, Chocolate Mint, Cookies & Cream, Delicious Strawberry, Double Rich Chocolate, Extreme Milk Chocolate, Eggnog, French Vanilla Crème, Mocha Cappuccino, Rocky Road, Strawberry Banana, Sugar Cookie, Tropical Punch	Whey Protein Isolate	120	24 grams	GNC www.wheygoldstandard.com	\$46.99/2 lb.
100% Whey Protein Fuel	Chocolate Surge, Vanilla Slam	Whey Protein Isolate & Whey Protein Concentrate	130-140	25 grams	Vitamin Shoppe	\$24.99/2 lb
Bariatric Advantage Tub	Vanilla, Chocolate, Orange Cream	Whey Protein Isolate	150-160	27 grams	www.bariatricadvantage.com	\$40.95/21 servings
Bariatric Advantage Bag	Unflavored, Banana, Vanilla, Orange Cream, Chocolate, Strawberry, Iced Latte	Whey Protein Isolate	150-160	27 grams	www.bariatricadvantage.com	\$59.95/35 servings
Bariatric Fusion	French Vanilla, Chocolate Mousse, Mint Chocolate Ice Cream, Strawberry Shortcake, Cinnamon Bun, Orange Cream, Unflavored	Whey Protein Isolate	138	27 grams	www.bariatricfusion.com	\$37.99/32 oz.
Body Fortress Super Advanced Whey Protein	Chocolate, Chocolate Peanut Butter, Cookies & Crème, Strawberry, Vanilla	Whey Protein Concentrate & Whey Protein Isolate	140	27 grams	Walmart CVS Walgreens	\$14.98/2 lb.

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Body Tech Whey Protein Isolate	Chocolate, Vanilla	Whey Protein Isolate & Whey Protein Concentrate	100	24 grams	Vitamin Shoppe	\$38.99/2 lb.
Cytosport Whey Isolate	Chocolate, Vanilla	Whey Protein Isolate	90	20 grams	Vitamin Shoppe www.amazon.com	\$43.99/2 lb.
Dymatize Nutrition Iso-100 Hydrolyzed 100% Whey Protein Isolate	Gourmet Vanilla, Cookies & Cream	Whey Protein Isolate	106	25 grams	Vitamin Shoppe GNC	\$34.99/1.6 lbs.
Designer Whey 100% Whey Protein	French Vanilla, Chocolate, Strawberry, Vanilla Praline, Vanilla Almond, Double Chocolate	Whey Protein Concentrate & Whey Protein Isolate	100	18 grams	Vitamin Shoppe ShopRite Hannaford Price Chopper	\$29.99/2 lb.
Dymatize Nutrition Elite Whey Protein Isolate	Gourmet Vanilla, Berry Blast, Rich Chocolate	Whey Protein Isolate & Whey Protein Concentrate	114	24 grams	Vitamin Shoppe www.dymatize.com	\$28.99/2.05 lbs.
EAS 100% Whey Protein	Vanilla, Chocolate	Whey Protein Concentrate	130-150	23-26 grams	Target Vitamin Shoppe	\$20.00-\$25.49/2 lb.
EAS Lean 15	Chocolate, Vanilla Cream	Whey Protein Concentrate	100	15 grams	Target ShopRite Hannaford Price Chopper	\$25.00/1.71 lb.
GNC 100% Whey Protein	Banana Cream, Chocolate Caramel, Mixed Berry, Cookies & Cream, Strawberry	Whey Protein Concentrate & Whey Protein Isolate	110-120	20-21 grams	GNC www.eas.com	\$39.99/2 lb.

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Isopure	Creamy Vanilla, Apple Melon, Dutch Chocolate, Strawberries & Cream, Banana Cream, Cookies & Cream, Pineapple & Orange Banana, Alpine Punch, Mango Peach	Whey Protein Isolate	105-110	25 grams	Vitamin Shoppe www.theisopurecompany.com GNC	\$49.99/2 lb.
Jillian Michaels Whey Protein	Vanilla Cream Shake, Chocolate	Whey Protein Concentrate & Whey Protein Isolate	100	15 grams	Walmart www.amazon.com CVS Trader Joe's	\$9.92/14 oz.
Met-Rx Protein Plus	Vanilla, Chocolate	Whey Protein Concentrate & Whey Protein Isolate	100-110	23 grams	Vitamin Shoppe GNC Walmart	\$32.99/2 lb.
Myofusion Probiotic Series	Milk Chocolate, Delicious Vanilla, Cinnamon Roll	Whey Protein Concentrate & Whey Protein Isolate	150	24 grams	Vitamin Shoppe GNC	\$33.99/2 lb.
Nectar Whey Protein	Vanilla Bean Torte, Chocolate Truffle, Strawberry Mousse, Fuzzy Navel, Caribbean Cooler, Strawberry Kiwi, Crystal Sky, Lemon Tea, Roadside Lemon, Pink Grapefruit, Double Stuffed Cookie	Whey Protein Isolate	100	24 grams	Vitamin Shoppe www.mybariatricpantry.com	\$41.99/2 lb.
Protizyme Specialized Designed Protein	Peanut butter cookie, chocolate cake, vanilla cake	Whey Protein Concentrate & Whey Protein Isolate	122-135	24-25 grams	Vitamin Shoppe	\$38.99/2 lb.

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Pure Protein 100% Whey Protein	Chocolate, Cookies n' Crème, Vanilla	Whey Protein Concentrate & Whey Protein Isolate	130-140	25 grams	Walmart GNC Target Trader Joe's	\$20.00/2 lb.
Pure Protein Natural Whey Protein	Vanilla Crème, Rich Chocolate, Strawberry	Whey Protein Concentrate & Whey Protein Isolate	130	23 grams	www.pureprotein.net Target GNC Walmart	\$20.00/2 lb.
Syntrax Matrix 2.0	Simply Vanilla, Perfect Chocolate, Strawberries & Cream, Cookies & Cream	Whey Protein Concentrate	110-140	23 grams	Vitamin Shoppe www.amazon.com www.mybariatricpantry.com	\$28.29/2 lb.
Twin Lab Bariatric Support	Chocolate, Vanilla	Whey Protein Concentrate & Whey Protein Isolate	90	15 grams	www.twinlab.com Vitamin Shoppe	\$19.99-29.99/1 lb. 6 oz.
UNJURY	Chocolate, Vanilla, Strawberry Sorbet, Chicken Soup, Unflavored	Whey Protein Isolate	80-100	20-21 grams	www.unjury.com	\$22.95/16.4 oz.
Whey Protein Isolate Isoflex	Peanut butter Chocolate, Chocolate, Vanilla	Whey Protein Isolate	110-115	27 grams	Vitamin Shoppe www.amazon.com	\$44.99/2 lb.
Whey Tech 24	Chocolate, Vanilla,	Whey Protein Isolate & Whey Protein Concentrate	120	24 grams	Vitamin Shoppe www.amazon.com	\$24.99/2.07 lb.

*If you are **lactose-intolerant** chose a **whey protein isolate** or a **lactose-free** powder.

Bioavailability refers to how much protein is absorbed from food. Protein is digested and absorbed differently from each protein source. Protein is ranked by its biological value.

Unless you cannot consume whey, **always choose whey protein first** because whey is digested rapidly & absorbed well by the body.

Protein	Biologic Value
Soy Protein Isolate	74
Egg Protein	88
Whey Protein Concentrate	104
Whey Protein Isolate	159

For questions contact your dietitian, 831-7010

Ellis Medicine Bariatric Care Center