

When it's hard to eat and drink enough to meet your protein needs a tasteless protein powder can be mixed into your meals, snacks and drinks to help you hit your daily protein target.

There are a range of enriching protein powders available at chemists, supermarkets and online. This table lists some by category to help you choose the best option for your needs.

Whey protein isolate (WPI) High quality with all essential amino acids (EAA)*	Scoop or serving size (g)	Per scoop Protein (g)	Energy (kJ)	Tub or sachet size (g)
Aussie Bodies 100% whey muscle recovery (vanilla)	30	24	513	750
Bare Blends bare whey protein isolate	30	26	471	500
Boomers Protein Natural WPI (whey protein isolate)	30	27	473	1000
Bulk Nutrients WPI whey protein isolate	30	27	498	1000
Cyborg Sport enhanced whey protein isolate*	30	25	540	3000
Nestle Health Science beneprotein ¹	7	6	105	227
Planet Food 100% whey protein isolate	30	25	473	500
Tony Sfeirs whey protein isolate	30	24	519	750
Vital Strength pure WPI 100% native whey isolate (natural)	30	27	468	840
Whey protein hydrolysate (WPH) High quality with enhanced digestibility				
Bulk nutrients WPC whey protein concentrate (raw, unflavoured)*	30	23	498	1000
Collagen powders These tasteless powders dissolve easily and may contain less essential amino acids compared to WPI and WPH Do not rely on this type of protein as your main dietary source without checking the label for EAA*				
FeelGood Protein tasteless protein collagen * & **	15	14	230	500
Gelpro Peptipro collagen protein powder**	15	15	245	500
Allergy friendly powders*				
Peptipro Collagen Hydrolysate beef gelatin**	15	15	245	500
Bsc Hydroxyburn lean 5 low carb protein*	35	22	511	900
Plant based powders Do not rely on this type of protein as your main dietary source without checking the label for EAA*				
Tony Sfeirs pea protein isolate natural* & **	30	27	440	750
Vital Protein pea protein isolate* & **	25	20	364	1000

For simplicity all amounts have been rounded to the closest whole number

* EAA are not made in the body and need to be eaten, there are 9: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine. During times of stress e.g after surgery a further 6 are important; arginine, cysteine, glutamine, glycine, proline and tyrosine

1 Request a Ncare prescription via your dietitian to arrange cost price, home delivery of this product

* gluten free ** lactose free

* If you have a food allergy or intolerance always check the label for allergy alerts as ingredients can change without notice

Disclaimer: In the absence of robust science recommendations are based on best available evidence and expert opinion.

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