



Protein Supplement Suggestions

Product	Flavors	Nutrition
<p><u>Unjury</u> www.unjury.com HyVee (select stores)</p>	<p>Unflavored, Vanilla, Chocolate, Chocolate Splendor, Strawberry, Chicken Soup</p>	<p>Varies by flavored vs. unflavored <u>1 scoop:</u> Calories: 90-100 Protein: 21g Carbohydrate: 0-4g Sugars: 0-3g</p>
<p><u>MaxPro</u> Max Muscle Sports Nutrition 1300 NW 100th St Clive, Iowa 50325 Bloemke Pharmacy 443 E Main St Belmond, Iowa</p>	<p>Chocolate, Strawberry, Vanilla, Natural Vanilla, Cinnamon Roll, Banana, Orange</p>	<p><u>1 scoop:</u> Calories: 140 Protein: 30g Carbohydrate: 2g Sugars: 0g</p>
<p><u>Optimum Nutrition 100% Whey Gold Standard</u> GNC</p>	<p>Multiple flavors available</p>	<p><u>1 scoop:</u> Calories: 120 Protein: 24g Carbohydrate: 3g Sugars: 1g</p>
<p><u>Zero Carb Isopure</u> GNC The Vitamin Shoppe Bloemke Pharmacy</p>	<p>Coconut, Pineapple Orange Banana, Icy Orange, Grape Frost, Apple Melon, Blue Raspberry, Alpine Punch, Mango Peach **Lactose Free**</p>	<p><u>1 bottle:</u> Calories: 160 Protein: 40g Carbohydrate: 0g Sugars: 0g</p>
<p><u>Matrix 5.0</u> www.Si03.com The Vitamin Shoppe</p>	<p>Chocolate, Vanilla, Banana's & Cream, Cookies & Cream, Mint Cookie, Orange Cream, Strawberry Cream</p>	<p><u>1 scoop:</u> Calories: 120 Protein: 23g Carbohydrate: 3g Sugars: 2g</p>
<p><u>Premier Protein</u> www.premierprotein.com Sam's Club Costco</p>	<p>Chocolate, Vanilla, Strawberries & Cream Available as Ready to Drink</p>	<p><u>1 - 11 oz Drink</u> Calories: 160 Protein: 30g Carbohydrate: 4-5g Sugars: 1g</p>

<p><u>Nectar Protein</u></p> <p>www.Si03.com The Vitamin Shoppe www.bariatricadvantage.com HyVee</p>	<p>Apple Ecstasy, Caribbean Cooler, Dragon Fruit Fusion, Crystal Sky, Fuzzy Navel, Lemon Tea, Pink Grapefruit, Roadside Lemonade, Strawberry Kiwi, Twisted Cherry, Wild Grape</p> <p>**Gluten Free** **Lactose Free**</p>	<p><u>1 scoop:</u> Calories: 100 Protein: 23g Carbohydrate: 0g Sugars: 0g</p>
<p><u>Body Fortress Super Advanced Whey Isolate</u></p> <p>Walmart</p>	<p>Chocolate Vanilla Creme</p>	<p><u>1 scoop:</u> Calories: 130 Protein: 30g Carbohydrate: 1g Sugars: <1g</p>
<p><u>Designer Whey Protein</u></p> <p>GNC HyVee The Vitamin Shoppe Kmart</p> <p>Available as powder and as ready-to-drink</p>	<p>French Vanilla, Gourmet Chocolate, Double Chocolate, White Chocolate, Classic Chocolate, Vanilla Almond, Vanilla Praline, Luscious Strawberry, Plain</p>	<p><u>1 scoop</u> Calories: 100 Protein: 18 g Carbohydrate: 6 g Sugars: 2 g</p>
<p><u>Bariatric Advantage High Protein Meal Replacement</u></p> <p>www.bariatricadvantage.com</p> <p>Available as powder and in ready-to-shake bottles</p>	<p>Chocolate, Strawberry, Iced Latte, Banana, Vanilla, Orange Cream, Unflavored</p> <p>**Gluten Free**</p>	<p><u>1 serving:</u> Calories: 150-160 Protein: 27g Carbohydrate: 8g Sugars: 1-2g Fiber: 5 g</p>
<p><u>Hy-Vee 100% Whey Protein</u></p> <p>Hy-Vee</p>	<p>Vanilla, Chocolate</p>	<p><u>1 scoop:</u> Calories: 110 Protein: 20g Carbohydrate: 4g Sugars: 3g</p>