

Protein Powder Supplements

***Goal: 15 – 30 grams protein per serving & 5 grams or less of sugar per serving.**

(Will note with an * by the protein supplement name, if suitable for those lactose intolerant.)

Protein Supplement	Serving Size	Protein (Grams)	Sugar (Grams)	Availability
*Unjury	1 scoop	20 – 21 grams	0 – 4 grams *Varies with flavor.	*Selected flavors sold at Deaconess Family Pharmacy www.unjury.com or www.amazon.com
Carnation Breakfast Essentials Light Start	1 packet	13 grams protein *Mixed with 8 oz. milk/soy milk	7 – 8 grams *From lactose Does not include natural milk sugars from 8 oz. milk	Local: Schnuck's Grocery stores or Walmart www.carnationbreakfastessentials.com for product locator or websites for purchasing Call 1-888-240-2713
*Syntrax Nectar	1 scoop	23 grams	0 grams	Local: Vitamin Shoppe http://www.vitaminshoppe.com www.MyBariatricPantry.com
Syntrax Matrix	1 scoop	23 grams	2 - 3 grams	Local: Vitamin Shoppe http://www.vitaminshoppe.com www.MyBariatricPantry.com
*Jay Rob Egg White Protein Powder	1 scoop	24 grams	0 grams	Local: Vitamin Shoppe www.vitaminshoppe.com or www.jayrobb.com
*Jay Rob Whey Protein Isolate	1 scoop	25 grams	0 grams	Local: Vitamin Shoppe www.vitaminshoppe.com or www.jayrobb.com
Chike! Nutrition Protein Powder	1 Packet OR 2 scoops	28 grams	2 - 4 grams *Varies with flavor *Contains a small amount of	www.iLikeChike.com

			lactose	
*biPro Whey Protein Isolate Protein Powder	1 packet OR 1 scoop	20 grams	0 grams	www.biprousa.com Call 1-877-692-4776 *Bariatric cookbook available on-line
*Celebrate Protein 20	1 scoop	20 grams	1 – 3 grams	www.celebratevitamins.com or call 877-424-1953
Jillian Michaels Whey Protein	1 scoop	15 grams	3 grams	Local: Walmart
*Bariatric Advantage High Protein Meal Replacement powder	1 scoop	27 grams	0.5 grams	www.bariatricadvantage.com or call 800-898-6888

*Purchasing options available for many products listed above from other on-line companies or retail stores.