






## RESULTS OF CONSUMERLAB.COM TESTING OF NUTRITION POWDERS AND DRINKS

Click on [\\$ Price Check](#) beneath a product name to find a vendor that sells it.To find retailers that sell some of the listed products [click here](#).

Product Name (Serving Size, and Suggested Daily Number of Servings on Label)	APPROVED (Passed) or <b>NOT APPROVED</b> (Failed)	Did Not Exceed Contamination Limit for Lead, Cadmium, and Arsenic	Nutrition or Supplement Facts on Label (Figures are per serving unless otherwise noted)					Cost for Daily Suggested Serving on Label  [Cost per 20 g of protein]  Other Notable Ingredients/Features <sup>1</sup>  Price Paid
			Protein (grams)  Claimed Protein Source  (Added Amino Acids)	Total Carbohydrate/ Sugar (grams)	Total Fat/ Sat. Fat/ Trans Fat (grams)	Sodium / Cholesterol (mg)	Calories	
<p><i>Promoted Uses</i></p> <p>Click on "Ingredients" for Full Listing</p>								
<b>Protein -- Whey:</b> (Also see Shakeology® Greenberry under Meal Replacements with Protein section)								
<p>Body Fortress® Super Advanced Whey Isolate Vanilla Crème (1 scoop (35 g) per serving, no recommended daily serving size) </p> <p><i>Strength &amp; Recovery</i></p> <p>Mfd. by Healthwatchers (DE), Inc. <a href="#">Ingredients</a></p>	<b>APPROVED</b>	✓	<p>30</p> <p>Whey protein isolate</p> <p>(Also glutamine, arginine, alanine, lysine, BCAAs)</p>	1 / <1	<0.5 / <0.5 / NL  Found <0.01 g of trans fat	85 / 5	130	<p>\$0.92<sup>2</sup></p> <p>[\$0.61] <b>Lowest cost for protein from whey</b></p> <p>Calcium, phosphorus, magnesium, potassium</p> <p>\$23.98/2 lb (32 oz) container (approx. 26 servings)</p>
<p>EAS® 100% Whey Protein Chocolate (2 scoops (39 g) per serving, up to 3 daily)</p> <p><i>Strength &amp; Recovery</i></p> <p>Dist. by Abbott Nutrition <a href="#">Ingredients</a> <a href="#">\$ Price Check</a></p>	<b>APPROVED</b>	✓	<p>26</p> <p>Whey protein concentrate</p>	7 / 2	2 / 1 / 0	170 / 80	150	<p>\$0.91-\$2.72</p> <p>[\$0.70]</p> <p>Calcium, iron, potassium</p> <p>\$52.61/5 lb (2.27 kg) container (approx. 58 servings)</p>
<p>GNC AMP Amplified Wheybolic Extreme 60™ Chocolate (3 scoops (79 g) per serving, 1 to 2 per day) </p> <p>Dist. by General Nutrition Corporation <a href="#">Ingredients</a> <a href="#">\$ Price Check</a></p>	<b>APPROVED</b>	✓	<p>60</p> <p>Whey protein isolate</p> <p>(Also glutamine, arginine, leucine)</p>	7 / 2	1 / 0.5 / NL  Found <0.01 g of trans fat	300 / 15	280	<p>\$4.00-\$8.00</p> <p>[\$1.19]</p> <p>Calcium, potassium, enzymes</p> <p>\$25.00/1.22 lb (553 g) container (approx. 7 servings)</p>
<p>GNC Pro Performance 100% Whey Protein Chocolate Supreme (1</p>	<b>APPROVED</b>	✓	<p>24</p> <p>Whey protein concentrate, whey</p>	6 / 2	2 / 1 / 0	70 / 65	140	<p>\$0.46-\$1.85</p> <p>[\$0.77]</p> <p>Calcium, iron</p>

scoop (35.5 g) per serving, 1/2 to 2 per day) 			protein isolate					\$25.00/2.11 lb (958.5 g) container (approx. 27 servings)
<i>Strength &amp; Recovery</i>  Dist. by General Nutrition Corporation <a href="#">Ingredients</a>								
Jay Robb® Whey Protein Vanilla (1 scoop (30 g) per serving, no recommended daily serving size)  Dist. by Jay Robb Enterprises Inc. <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>	<b>APPROVED</b>	✓	25  Cold-processed cross-flow microfiltered whey protein isolate	1 / 0	0 / 0 / 0	150 / 0	110	\$1.67 <sup>2</sup>  [\$1.33]  Vitamin C, potassium  \$38.31/24 oz (680 g) container (approx. 23 servings)
Marked™ 100% Whey Protein Complex Gourmet Chocolate (1 scoop (36.5 g) per serving, 1 to 2 per day) 	<b>APPROVED</b>	✓	20  Micronized whey protein concentrate, whey protein concentrate, whey protein isolate  (Also leucine, glutamine, arginine)	8 / 2	2 / 1 / NL  Found 0.06 g of trans fat	240 / 70	130	\$3.00  [\$1.50]  Dietary fiber (3 g), calcium, potassium  \$35.99/2 lb (909 g) container (approx. 24 servings)
<i>Strength &amp; Recovery</i>  Dist. by Nutra Manufacturing <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>								
MuscleTech™ Nitro Tech Milk Chocolate (1 scoop (37 g) per serving, 1 to 4 a day)  <i>Strength &amp; Recovery</i>  Dist. by Iovate Health Sciences, U.S.A. <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>	<b>APPROVED</b>	✓	30  Whey protein isolate  (Also alanine, glycine, glutamine, BCAAs)	2 / 1	1.5 / 1 / 0	150 / 25	140	\$1.52-\$6.08  [\$1.01]  Enzymes  \$37.99/2 lbs (907 g) container (approx. 25 servings)
Prolab® Advanced Essential Whey Milk Chocolate (1 scoop (30 g) per serving, no recommended daily serving size)  <i>Strength &amp; Recovery</i>  Dist. by Prolab	<b>NOTAPPROVED</b>	✓	23  Whey protein concentrate, whey protein isolate  Found 15.7 g less protein per serving	3 / 1	1 / 0.5 / NL  Found 0.03 g of trans fat  Found additional 16.0 g of total carbohydrates and 3.4 g of sugar per serving	43 / 30	125	\$0.83 <sup>2</sup>  [\$0.72]  Calcium, enzymes  Contains no wheat  \$24.99/2 lb (907 g) container (approx. 30 servings)

Nutrition, Inc. <a href="#">Ingredients</a>									
Six Star Pro Nutrition® Whey Protein Plus Triple Chocolate (1 scoop (42 g) per serving, no recommended daily serving size)  <i>Strength &amp; Recovery</i>  Dist. by Iovate Health Sciences U.S.A. <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>	<b>APPROVED</b>	✓	30  Whey protein concentrate, whey protein isolate  Added lycine, isoleucine, valine, glutamine, glycine	8 / 2	1.5 / 1 / 0	65 / 50	170	\$1.09 <sup>2</sup>  [\$0.73]  Calcium, enzymes  \$22.99/2 lb (885 g) container (approx. 21 servings)	
Solgar Whey To Go - Vanilla Naturally Flavored (1 scoop (25 g) per serving, no recommended daily serving size)   Mfd. by Solgar, Inc. <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>	<b>APPROVED</b>	✓	20  Micro-filtered whey protein isolate, micro-filtered whey protein concentrate  Added glutamine, BCAAs	2 / <1	0.5 / <0.5/ NL  Found 0.02 g of trans fat	55 / 10	90	\$1.03 <sup>2</sup>  [\$1.03]  Calcium, phosphorus, magnesium, potassium  <i>Gluten free</i>  \$37.20/32 oz (907 g) container (approx. 36 serving)	

**Protein Casein/Milk:**

Dymatize Nutrition® Elite Casein Smooth Vanilla (1 scoop (32 g) per serving, 1 per day)  Dist. by Dymatize Enterprises, Inc. <a href="#">Ingredients</a>	<b>NOTAPPROVED</b>	✓	24  Milk protein concentrate	4 / 0  Found additional 1.2 g of sugar per serving	1 / NL / NL  Found 0.29 g of saturated fat and 0.14 g of trans fat	55 / 0  Found additional 10.2 mg of cholesterol per serving	120	\$1.16  [\$0.97]  Calcium  <i>Gluten free</i>  \$32.53/2 lb (908 g) container (approx. 28 servings)
Pure Protein® Shake Cookies 'n Creme (1 can (11 fl. oz.) per serving, no recommended daily serving size)  Dist. by Worldwide Sport Nutrition Supplements, Inc. <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>	<b>APPROVED</b>	✓	35  Milk protein concentrate	4 / 1	1.5 / 0.5 / 0	160 / 15	170	\$2.70 <sup>2</sup>  [\$1.54]  Dietary fiber (2 g), calcium, phosphorus, iron, magnesium  \$2.70/One 11 fl. oz. can

**Protein Soy:**

Genisoy® Soy Protein Shake Chocolate Flavor (3 tbsp	<b>APPROVED</b>	✓	14  Soy protein isolate	17 / 13	1 / 0 / 0	170 / 0	130	\$0.97 <sup>2</sup>  [\$1.39]
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(35 g) per serving, no recommended daily serving size)  Dist. by Downright Healthy Foods LP <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>									Vitamins A, B6, B12, C & E, calcium, iron, thiamine, riboflavin, niacin, folate, biotin, pantothenic acid, phosphorus, iodine, magnesium, zinc, selenium, copper  \$17.49/22.2 oz (630 g) container (approx. 18 servings)
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**Protein Rice:** See Metagenics® UltraMeal® Rice under "Meal Replacements with Protein" section




**Protein Egg:**

Optimum Nutrition™ Gold Standard™ 100% Egg Rich Chocolate (1 scoop (32.5 g) per serving, 1 per day)  Mfd. by Optimum Nutrition <a href="#">Ingredients</a>	<b>NOTAPPROVED</b>	✓	24  Egg albumen	4 / 0	1 / 0.5 / 0	420 / 5  Found additional 9.2 mg of cholesterol per serving	120	\$1.48  [\$1.23]  Calcium, iron  \$39.99/2 lb (909 g) container (approx. 27 servings)
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**Protein Mixed Sources:**

The Biggest Loser® Protein Powder Vanilla Bean (2 scoops (22.5 g) per serving, no recommended daily serving size)  Dist. by Designer Protein, LLC <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>	<b>APPROVED</b>	✓	12  Whey protein concentrate, soy protein isolate  (Also leucine)	7 / 4	2 / 0.5 / 0	110 / 20	90	\$1.00 <sup>2</sup>  [\$1.67]  Dietary fiber (3 g), potassium, calcium, vitamin D, iron  \$12.99/10 oz. (283 g) container (approx. 13 servings)
Endurox® R4® - Fruit Punch (2 scoops (74 g) per serving, no recommended daily serving size)  <i>Strength &amp; Recovery</i>  Dist. by Motts LLP <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>	<b>APPROVED</b>	✓	13  Whey protein concentrate, soy protein isolate  (Also glutamine)	52 / 39	1.5 / 0.5 / 0	220 / 15	280	\$1.34 <sup>2</sup>  [\$2.06]  Vitamins C & E, calcium, magnesium, potassium  \$37.49/4.56 lb (2.07 kg) container (approx. 28 serving)
Marked™ Mass Gainer Gourmet Chocolate (4 scoops (182 g) per serving, 1 to 2 per day)   <i>Strength &amp; Recovery</i>  Dist. by Nutra Manufacturing <a href="#">Ingredients</a>	<b>APPROVED</b>	✓	50  Whey protein concentrate, soy protein isolate, hydrolyzed whey protein, milk protein concentrate, whey protein isolate	115 / 6	4.5 / 2.5 / 0	270 / 105	700	\$4.00-\$8.00  [\$1.44]  Dietary fiber (5 g), vitamins A & C, calcium, iron, potassium  \$21.59/2.5 lb (1,134 g) container (approx. 6 servings)

<a href="#">\$ Price Check</a>									
<p>Nature's Bounty Optimal Solutions Complete Protein &amp; Vitamin Shake Mix Vanilla Bean (2 scoops (33 g) per serving, no recommended daily serving size) </p> <p>Mfd. Nature's Bounty, Inc. <a href="#">Ingredients</a></p>	<b>APPROVED</b>	✓	15	14 / 6	1.5 / NL / NL	135 / 20	120	<p>\$1.04<sup>2</sup></p> <p>[\$1.39]</p> <p>Vitamins B6, B12, C &amp; D, thiamin, riboflavin, niacin, folic acid, biotin, pantothenic acid, calcium, iron, magnesium, potassium, probiotic, enzymes, flaxseed</p> <p><i>Suitable for vegetarians, contains no wheat, gluten free, yeast free</i></p> <p>\$13.56/1 lb (453 g) container (approx. 13 servings)</p>	
<p>Nature's Plus® Spiru-Tein® - Vanilla (1 scoop (34 g) per serving, no recommended daily serving size)</p> <p><i>Energy</i></p> <p>Mfd. by Natural Organics Laboratories, Inc. <a href="#">Ingredients</a></p>	<b>NOTAPPROVED</b>	✓	14	11 / 8	0 / 0 / 0	140 / 0	99	<p>\$1.02<sup>2</sup></p> <p>[\$1.46]</p> <p>Found additional 25.8 calories per serving</p> <p>Vitamins A, B6, B12, C, D &amp; E, calcium, iron, thiamin, riboflavin, niacin, folic acid, biotin, pantothenic acid, phosphorus, iodine, magnesium, zinc, selenium, manganese, chromium, molybdenum, inositol, choline</p> <p><i>Suitable for vegetarians, yeast free</i></p> <p>\$32.79/2.4 lb (1,088 g) container (approx. 32 servings)</p>	
<p>Twinlab® Whey Fuel™ Triple Thick Chocolate (1 scoop (31 g) per serving, 1 to 2 per day) </p> <p><i>Strength &amp; Recovery</i></p> <p>Mfd. by Twinlab Corporation <a href="#">Ingredients</a> <a href="#">\$ Price Check</a></p>	<b>APPROVED</b>	✓	21	4 / 1	1.5 / 1 / 0	65 / 35	120	<p>\$0.72-\$1.45</p> <p>[\$0.69]</p> <p><b>Lowest cost protein from mixed sources</b></p> <p>Calcium, phosphorus, magnesium</p> <p>\$20.99/2 lb (907 g) container (approx. 29 servings)</p>	
<b>Meal Replacements with Protein:</b>									
<p>Atkins™ Day Break® - Strawberry Banana Shake (1 container (11 fl. oz.) per serving, no recommended daily serving size)</p> <p>Dist. by Atkins Nutritionals,</p>	<b>APPROVED</b>	✓	10	10 / 0	9 / 2.5 / 0	250 / 15	140	<p>\$1.57</p> <p>[\$3.15]</p> <p>Fiber (7 g), potassium, Vitamins A, C, D &amp; E, calcium, thiamin, niacin, phosphorus, iron, riboflavin, folate</p> <p>\$6.29/Four 11 fl. oz. containers</p>	

Inc. <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>								
<p>GNC Total Lean™ Lean Shake™ - Swiss Chocolate (2 scoops (48 g) per serving, 2 per day) </p> <p>Dist. by General Nutrition Corporation <a href="#">Ingredients</a></p>	<b>APPROVED</b>	✓	9  Milk protein concentrate	30 / 5	2 / 0.5 / 0	250 / 5	180	<p>\$5.37</p> <p>[\$2.15]</p> <p>Fiber (8 g), vitamins A, B6, B12, C &amp; E, calcium, iron, thiamin, riboflavin, niacin, folic acid, biotin, pantothenic acid, phosphorus, iodine, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum</p> <p>\$42.99/27 oz. (768 g) container (approx. 16 servings)</p>
<p>GNC Total Lean™ Lean Shake™ 25 - Rich Chocolate (2 scoops (52 g) per serving, 2 per day) </p> <p>Dist. by General Nutrition Corporation <a href="#">Ingredients</a> <a href="#">\$ Price Check</a></p>	<b>APPROVED</b>	✓	25  Whey protein concentrate, milk protein concentrate, whey protein isolate	17 / 4	3 / 1.5 / 0	280 / 60	200	<p>\$4.84</p> <p>[\$1.93]</p> <p>Fiber (8 g), vitamins A, B6, B12, C &amp; E, calcium, iron, thiamin, riboflavin, niacin, folic acid, biotin, pantothenic acid, phosphorus, iodine, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum</p> <p>\$38.69/29.3 oz. (832 g) container (approx. 16 servings)</p>
<p>Metagenics® UltraMeal® Rice Natural Chocolate Flavor (2 scoops (52 g) per serving, 2 per day)</p> <p>Mfd. by Metagenics, Inc. <a href="#">Ingredients</a> <a href="#">\$ Price Check</a></p>	<b>APPROVED</b>	✓	15  Rice protein concentrate  Added lysine	26 / 14	5 / 1 / 0	65 / 0	190	<p>\$5.14</p> <p>[\$3.42]</p> <p>Fiber (4 g), vitamins A, B6, B12, C, D &amp; E, potassium, calcium, thiamin, niacin, folate, biotin, phosphorus, magnesium, copper, chromium, iron, riboflavin, pantothenic acid, iodine, zinc, manganese</p> <p><i>Contains no wheat, gluten free</i></p> <p>\$35.95/26 oz. (728 g) container (approx. 14 servings)</p>
<p>Met-Rx® Engineered Nutrition® Meal Replacement Extreme Chocolate (1 packet (72 g) per serving, 2 per day) </p> <p>Mfd. by Met-Rx Nutrition, Inc. <a href="#">Ingredients</a></p>	<b>APPROVED</b>	✓	39  Milk protein concentrate, Whey protein concentrate, egg white	17 / 2	3 / 1 / 0	400 / 20	240	<p>\$3.66</p> <p>[\$0.94]</p> <p>Fiber (3 g), potassium, Vitamins A, B6, B12, C, D, E &amp; K, calcium, riboflavin, pantothenic acid, iodine, zinc, copper, chromium, chloride, iron, thiamin, niacin, folic acid, biotin, phosphorus,</p>

<a href="#">\$ Price Check</a>								magnesium, selenium, manganese, molybdenum  <i>Gluten free</i>  \$32.94/18 packets
Shakeology® Greenberry (1 scoop (40 g) per serving, no recommended daily serving size)  Dist. by Beachbody, LLC <a href="#">Ingredients</a>	<b>NOTAPPROVED</b>	Found 12.7 mcg of lead per daily serving	16  Whey protein isolate	19 / 11	<0.5 / 0 / 0	95 / 10	140	\$3.83 <sup>2</sup>  [\$4.79]  Fiber (3 g), vitamins A, B1, B2, B3, B6, B12, C, D, E, K1, folic acid, biotin, pantothenic acid, calcium, iron, phosphorus, iodine, magnesium, zinc, copper, manganese, chromium, molybdenum, blends of greens, fruits herbs, pre- and probiotics, enzymes  <i>Gluten free</i>  \$114.99/2.6 lb (1,200 g) container (approx. 30 servings)
Slim Fast! 3—2 —1 Plan Shake Mix Chocolate Royale (1 scoop (26 g) per serving, no recommended daily serving size)  Dist. by Unilever <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>	<b>APPROVED</b>	✓	2  Milk protein concentrate	18 / 10	4 / 0.5 / 0	130 / <5	110	\$0.51 <sup>2</sup>  [\$5.14]  Fiber (4 g), vitamins A, B6, B12, C, D, E & K, calcium, iron, thiamin, riboflavin, niacin, folate, biotin, pantothenic acid, phosphorus, iodine, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum  \$17.49/31.18 oz. (884 g) container (approx. 34 servings)

 Tested through CL's [Quality Certification Program](#) prior to, or after initial posting of this Product Review.

\* - Term "BCAAs" means branched chain amino acids (leucine, isoleucine & valine)

NL-None listed

1 Not tested but claimed on label.

2 Based on 1 serving daily.

Unless otherwise noted, information about the products listed above is based on the samples purchased by ConsumerLab.com (CL) for this Product Review. Manufacturers may change ingredients and label information at any time, so be sure to check labels carefully when evaluating the products you use or buy. If a product's ingredients differ from what is listed above, it may not necessarily be of the same quality as what was tested.

The information contained in this report is based on the compilation and review of information from product labeling and analytic testing. CL applies what it believes to be the most appropriate testing methods and standards. The information in this report does not reflect the opinion or recommendation of CL, its officers or employees. CL cannot assure the accuracy of information.

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