

Energy4sport - WHEY PROTEIN POWDER COMPARISON GUIDE

CPS = Cost Per Serving

<u>Product</u>	<u>Size</u>	<u>RRP</u>	<u>Web Price</u>	<u>Servings</u>	<u>Serving size (g)</u>	<u>aprox drink size ml</u>	<u>CPS</u>	<u>Protein per serving</u>	<u>Protein per 100g</u>	<u>Type of Whey Protein used</u>
WHEY PROTEINS										
Maximuscle Promax	908g	£32.99	£29.99	30	30g	200ml water	£1.00	24.3g	81g	Protein isolate & whey hydrolysate
EAS Myopro whey	900g	£24.99	£22.99	30	30g	200ml water	0.77	23g	77g	Whey Protein Blend
Met-Rx Supreme whey	908g	£23.99	£21.59	32	28g	200ml water	0.67	19.9g	71g	Whey Protein Blend
Met-Rx Supreme whey	2268g	£44.99	£40.49	81	28g	200ml water	0.56	19.9g	71g	Whey Protein Blend
SIS Build	1200g	£39.99	£39.99	30	40g	500ml water	£1.33	32.1g	80.2g	Protein isolate & whey hydrolysate
High5 Protein Pure	1200g	£42.99	£42.99	18	66g	500ml skim milk	£2.38	62g	94g	100% Whey Protein isolate
Multipower 100% whey	2250g	£45.00	£35.00	75	30g	300ml water/milk	0.46	22.5g	75g	Whey Protein Blend with 20% isolate

<u>Product</u>	<u>Carbs per100g</u>	<u>Fat per 100g</u>
WHEY PROTEINS		
Maximuscle Promax	6.8g	6.9g
EAS Myopro whey	5.4g	7.4g
Met-Rx Supreme whey	6.7g	8.1g
Met-Rx Supreme whey	6.7g	8.1g
SIS Build	6.4g	2.7g
High5 Protein Pure	1g	1g
Multipower 100% whey	10.4	5.6g



Best Value Whey Protein supplements



Best High Performance Whey Protein supplements

Different forms of whey protein

Whey protein isolate, Whey protein concentrate, Whey hydrolysate

Whey Protein Blend = Mix of whey protein concentrate and whey protein isolate

Most whey protein powders are made up of whey concentrate and mixed in with a small portion of whey isolate or hydrolysed whey.

Whey protein isolate is more expensive than whey protein concentrate because it has a higher quality (more pure) and a higher BV (biological value), it contains more protein and less fat and lactose per serving and because of its chemical properties it is the easiest to absorb into your system.

Most whey protein isolates contain 90-98% protein while whey concentrates contain 70-85% protein.