

Protein Powder Comparison

Product	Protein Content/Macronutrient Breakdown	Protein Source	Other Ingredients	Third-Party Tested for Athletes	Additional Considerations	Do We Recommend This Product?
1st Phorm (Phormula-1) (Pure Whey Protein isolate - Vanilla Milkshake)	20 grams (100 calories, 4 g carbs, 1 g fat)	Low temperature processed whey protein isolate - does not provide amino acid profile	Natural flavor, creamer powder (coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, contains 2% or less of the following: mono and diglycerides, silicone dioxide), soy lecithin, titanium dioxide color, salt, sucralose, acesulfame potassium	No	Artificial sweeteners*	We would not recommend this product as there are better options on the market. It contains corn syrup solids and ingredients that could lead to GI distress during exercise*.
Active Stacks (Vanilla)	22 grams (110 calories, 4 g carbs, 4 g added sugar, fat not listed)	Hydrobeef (beef protein)	Organic vanilla powder (organic cane sugar & vanilla bean extractives), glycine, stevia leaf extract	No		Contains 4 g added sugar per serving, but would be a fine option for individuals wanting animal-based, dairy-free.
Advocare Protein (BodyLean25 - Chocolate)	25 grams (140 calories, 5 g carbs, 4 g sugars, 2.5 g fat)	Protein blend (whey protein concentrate, milk protein concentrate, whey protein isolate, calcium caseinate)	Dutch cocoa (Processed with alkali), Fructose, Natural & Artificial Flavors, Salt, xanthan gum, sucralose	No**	The serving size of this product is larger than typical protein powders at 37 grams. A typical serving size is 30 grams. Artificial sweeteners and flavors*	Contains artificial flavors, artificial sweeteners. We would not recommend this product as there are better options on the market.
Alani Nutrition (Plant protein - Frosted Flurry)	17 grams (110 calories, 6 g carbs, 0 g added sugar, 2.5 g fat)	Protein blend (pea protein isolate, watermelon seed protein, pumpkin seed protein)	Cocoa powder, natural flavors, creamer (high oleic sunflower oil, acacia gum, brown rice syrup, natural flavors, silicon dioxide, sunflower lecithin, d Alpha Tocopherols), Chocolate cookie piece (rice flour, sugar, tapioca starch, palm oil, cocoa processed with alkali, corn starch, salt, chocolate liquor, natural flavor, sodium bicarbonate), guar gum, silicon dioxide, salt, sucralose, reb A (stevia), xanthan gum	No	Artificial sweeteners*	We would not recommend this protein powder as there are better options on the market. It's lower in protein than other plant-based options and contains unnecessary ingredients.
Amazing Grass (Amazing Protein Glow - Vanilla)	15 grams (80 calories, 2 g carbs, 0 g added sugar, 1.5 g fat)	Organic protein blend (pea protein, brown rice protein)	Natural flavors, organic stevia extract, acacia gum, organic acerola cherry, Orgen-B's Organic B Complex Blend (Guava, holy basil, lemon peel extracts), xanthan gum, organic greens blend (wheat grass, kale), organic rose petal, organic	No		For active individuals who are not drug-tested, this product could be a good option however it's lower in protein than others.
Ancient Nutrition (Bone Broth Protein - Vanilla)	20 g (90 calories, 2 g carbs, 0 g added sugar)	Chicken bone broth protein concentrate	Natural vanilla flavor, xanthan gum, guar gum, stevia leaf extract, luohan guo fruit extract	No		This would be a good option for individuals wanting animal-based, dairy-free. Not recommended to drug-tested athletes.
Arbonne (Feel Fit PB - Vanilla)	20 grams (160 calories, 13 g carbs, 7 g added sugar, 3 g fat)	Arbonne protein matrix blend (pea protein isolate, cranberry protein, rice protein)	Cane sugar, gum arabic, natural flavors, chicory root, sunflower oil, flax seed, stevia leaf extract, xanthan gum, guar gum, modified tapioca starch, dicalcium phosphate, tricalcium phosphate, rice hulls, water, sodium ascorbate, tocopherol, silicon dioxide	No	The serving size of this product is larger than typical powders at 42 grams. A typical scoop is 30 grams	This product is higher calorie than most of the protein powders we reviewed, particularly due to the added sugar content (contains nearly 2 teaspoons sugar per serving). Chicory root can also cause GI distress in some people. We would not recommend this product as there are better options on the market.
Ascent (Native Whey Vanilla)	25 grams (120 calories, 2 g carbs, 1 g fat)	Whey protein isolate blend (native whey protein isolate, whey protein isolate), whey protein concentrate	Natural flavors, sunflower lecithin, stevia leaf extract, salt	Yes - Informed Sport		Yes, this is a good option for athletes and active individuals.
AthleanX (Pro-30G - French Vanilla Bean)	30 grams (150 calories, 4 g carbs, 2 g sugars, 1.5 g fat)	Whey protein isolate, whey protein concentrate, egg white protein	Natural and artificial flavors, guar gum extract, rebaudioside - A (from stevia leaf extract)	No	Artificial flavors	For active individuals who are not drug-tested, this product would be fine, however, we do feel there are better options on the market.
Be Well By Kelly (Grass-fed Vanilla)	23 grams (100 calories, 0 g carbs, .5 g fat)	Beef protein isolate	Organic monk fruit extract, organic vanilla bean powder	No		This would be a good option for individuals wanting animal-based, dairy-free. Not recommended to drug-tested athletes.
Beam (Vegan Protein - Natural Vanilla)	20 grams (110 calories, 7 g carbs, 4 g added sugar, 0 g fat)	Pea protein concentrate, mung bean protein, pumpkin seed protein	Cane sugar, natural flavor, trace minerals from mineralized red algae, himalayan pink salt, apple fiber, blueberry fiber, rebaudioside M, organic monk fruit	No		For active individuals who are not drug-tested, this product could be a good option. However, it does contain 4 grams added sugar per serving. It's very high in iron with 13 mg/serving.
Biosteel (Plant-Based Vanilla)	21 grams (1.9 g leucine) (120 calories, 5 g carbs, 1 g sugar, 2 g fat)	Organic brown rice protein, pea protein, organic pumpkin seed protein	Natural Flavors, Pea Starch, Celtic Sea Salt® Sea Salt, Xanthan Gum, Sea Salt, Stevia (Leaf) Extract	Yes- NSF Certified for Sport		Yes, this is a good option for athletes and active individuals.

Bipro Elite (Whey Protein - French Vanilla)	20 grams (2.5 g leucine) (90 calories, <1 g carbs, 0 g fat)	Whey protein isolate (milk)	Natural Flavors, Sunflower Lecithin, Stevia Leaf Extract	Yes - NSF Certified for Sport		Yes, this is a good option for athletes and active individuals.
Bowmar (Whey - All Natural Vanilla)	22 grams (130 calories, 5 g carbs, 0 g added sugar, 2 g fat)	Whey protein concentrate, whey protein isolate	Allulose, natural flavors, gum blend (guar gum, gum acacia, xanthan gum), sodium chloride (salt), steviol glycosides	No		For active individuals looking who are not drug-tested/need a third party tested product, this would be a fine whey option.
BPN Protein (Whey Protein - Vanilla)	25 grams (130 calories, 3 g carbs, 0 g added sugar, 2 g fat)	Whey protein concentrate, native micellar casein	Natural flavor, salt, cinnamon, xanthan gum, cellulose gum, guar gum, sucralose	Yes - Informed Sport	Artificial sweeteners	While this product is safe for drug-tested athletes, we recommend isolate over solely concentrate. We feel there are better options on the market.
Clean Simple Eats (Whey - Simply Vanilla)	20 grams (110 calories, 9 g carbs, 0 g added sugar, 0 g fat)	Whey protein isolate, non fat dry milk	Xylitol (birch), prebiotic vitafiber (IMO), natural flavors, coconut MCT oil 50%, xanthan gum, stevia leaf extract 98%, enzyme blend, sea salt, monk fruit	No		The added prebiotics and sugar alcohols may cause GI distress in some people. We don't recommend this product around exercise, and feel there are better options on the market.
Diesel Whey (Whey - French Vanilla)	20 grams (110 grams calories, 0 g carbs, 0 g fat)	New Zealand Whey Protein Isolate	Natural flavor, cellulose gum, stevia extract	No**		While we do not recommend this product for drug-tested athletes, it has informed Choice certification, making it a good option for active individuals looking for a third-party tested product.
Dymatize Iso100 (Whey - Gourmet Vanilla)	25 grams (2.6 g leucine) (110 calories, 1 g carbs, 0 g fat)	Hydrolyzed whey protein isolate, whey protein isolate	Natural and artificial flavor. Less than 1% of: salt, soy lecithin, sucralose, steviol glycosides	No**	Artificial sweeteners and flavors	We would not recommend this product as there are better options on the market.
Evolve Protein (Plant-Based - Vanilla)	20 grams (160 calories, 21 g carbs, 4 g added sugar, 2 g fat)	Pea protein isolate	Soluble corn fiber, maltodextrin, cane sugar, contains less than 2% of gum arabic, natural flavor, high oleic sunflower oil, salt, purified stevia leaf extract, guar gum, xanthan gum	No	The serving size of this product is larger than typical powders at 48 grams. A typical scoop is 30 grams	We would not recommend the product as there are better options on the market. This product contains a large amount of fiber (10 grams) per serving, in the form of soluble corn fiber. We especially do not recommend this around training as it can lead to GI distress.
Garden of Life Sport (Plant-Based - Vanilla)	30 grams (2.5 g leucine) (160 calories, 7 g carbs, 0 g added sugar, 3 g fat)	Organic Performance Protein Blend (organic pea protein, organic sprouted navy bean, organic sprouted lentil bean, organic sprouted garbanzo bean, organic cranberry protein (seed))	Organic flavor blend (organic vanilla flavor, organic stevia extract (leaf), sea salt), Organic recovery blend (organic apple, organic tart cherry (fruit), organic turmeric (root), organic blueberry (fruit), organic <i>Lycium barbarum L. (Gogi berry fruit)</i> , 2 billion CFU (<i>Bifidobacterium lactis</i>))	Yes - NSF Certified for Sport		This would be a good option for a drug-tested athlete or active individual.
Ghost (Whey - Cereal Milk)	25 grams (130 calories, 4 g carbs, 0 g added sugars, 1.5 g fat)	Whey protein (whey protein isolate 90% (sunflower lecithinated), whey protein concentrate 80% (sunflower lecithinated), hydrolyzed whey protein isolate)	Natural and artificial flavor, salt, digestive enzymes (proteases, bromelain, lactase), cellulose gum, xanthan gum, sucralose	No	Artificial sweeteners and flavors	We would not recommend this product as there are better options on the market.
GNC Sustained	25 grams (130 calories, 3 g, 0 g added sugar, 1.5 g fat)	Protein blend (native micellar casein, native whey protein isolate, whey protein hydrolysate, egg white protein)	Natural and artificial flavors, sunflower lecithin, creamer (sunflower oil, maltodextrin, sodium caseinate (a milk derivative), natural tocopherols, tricalcium phosphate), gum blend (cellulose gum, xanthan gum, carageenan), sucralose, acesulfame potassium	No	Artificial sweeteners and flavors	We would not recommend this product due to the ingredients. There are better options on the market.
Iconic (Vanilla Bean)	20 grams (90 calories, 0 g carbs, 0 g added sugar, 0 g fat)	Milk protein isolate	Natural flavor, monk fruit extract, sea salt	No		This product would be a good option for an active individual looking for a protein powder with minimal ingredients. We would not recommend this product for drug-tested athletes.
Klean Athlete (Natural Vanilla Flavor)	20 grams (90 calories, 3 g carbs, 0 g sugar, 0 g fat)	Whey protein isolate	Natural flavors, salt, sunflower lecithin, stevia leaf extract (Rebaudioside A), monk fruit extract.	Yes - NSF Certified for Sport		Yes, this is a good option for athletes and active individuals.

KOS Organic Plant Protein (Vanilla)	20 grams (150 calories, 8 grams carbs, 2 g added sugar, 5 g fat)	Organic pea protein, organic flax seed, organic quinoa	Organic coconut milk, coconut sugar, inulin, acacia gum, vanilla flavor, stevia extract, fruit and veggie blend, digestive enzyme blend, vitamins and minerals blend	No	This product contains multiple blends: Fruit and veggie blend* (apple, carrot, cranberry, orange, broccoli, shitake mushroom extract, tomato), digestive enzyme blend (amylases, lactase, proteases, lipase, cellulase), KOS vitamins and minerals blend (DL-Alpha Tocopherol, manganese amino acid chelate, molybdenum amino acid chelate, potassium iodide, zinc oxide, selenium amino acid chelate, molybdenum amino acid chelate, copper oxide, riboflavin, niacinamide, phylloquinone, chromium picolinate, folic acid, cyanocobalamin)	We would not recommend this product for drug-tested athletes. The added fiber (inulin) may cause GI distress in some people. Otherwise, would be a fine plant-based option for active individuals.
Ladder (Premium Plant Protein - Vanilla)	21 grams (130 calories, 4 g carbs, 2 g fat)	Pea protein powder	Natural flavors, stevia leaf Reb M, sunflower lecithin, salt, xanthan gum	Yes - NSF Certified for Sport	This product also contains tart cherry (480 mg) and a proprietary vegan amino acid blend (1000 mg - L-Leucine, L-Methionine, L-Isoleucine, L-Valine)	This would be a good option for drug-tested athletes and active individuals.
Legion (Whey+ - French Vanilla)	22 grams (100 calories, 2 g carbs, 0 g added sugar, 0 g fat)	Whey protein isolate	Non-GMO maltodextrin, natural flavors, xanthan gum, sunflower lecithin, salt, stevia leaf extract, ovasweet (stevia leaf, dextrin)	No		We would not recommend this product due to the ingredients. There are better options on the market.
Momentous (Grass Fed Whey - Vanilla)	20 grams (100 calories, 3 g carbs, 0 g added sugar, 0 g fat)	Grass fed whey protein isolate	Natural flavors, guar gum, sunflower lecithin, silica, organic glucosylated steviol glycosides, and organic rebaudioside A	Yes - NSF Certified for Sport and Informed Sport Certified	This product also contains ProHydrolase - a proprietary blend of proteases from <i>Bacillus sp.</i> and <i>Ananas comosus</i> (200 mg)	This would be a good option for drug-tested athletes and active individuals.
Muscle Milk (100% Whey - Vanilla)	25 grams (130 calories, 3 g carbs, 0 g added sugar, 2 g fat)	Whey protein isolate, whey protein concentrate	Maltodextrin, less than 1% of: natural and artificial flavor, potassium chloride, soy lecithin, acesulfame potassium, sucralose, protease enzymes from bacillus subtilis and bromelain, salt	Yes - NSF Certified for Sport	Artificial flavors and sweeteners	Although this is a safe product for athletes, there are better options on the market.
Naked Nutrition (Naked Pea - Vanilla)	25 grams (2.5 g) (140 calories, 8 g carbs, 3 g added sugar, 2.5 g fat)	Yellow pea protein	organic coconut sugar, natural vanilla flavor	No**		This product would be a good option for active individuals looking for a protein powder with minimal ingredients.
NOW Sport (Organic Pea Protein - Unflavored)	24 grams (2 g) (120 calories, 1 g carbs, 0 g added sugar, 2 g fat)	Yellow pea protein isolate	N/A	Yes - Informed Sport		This is a good option for drug-tested athletes looking for a protein powder with minimal ingredients.
Optimum Nutrition (Gold Standard 100% Whey Protein - Vanilla Ice Cream)	24 g protein (120 calories, 4 g carbs, 1 g sugar, 1 g fat)	Protein blend (whey protein isolate, whey protein concentrate, whey peptides)	Natural and artificial flavor, lecithin, cellulose gum, xanthan gum, salt, sucralose, acesulfame potassium, lactase	Yes - Informed Sport	Artificial flavors and sweeteners	Although this is a safe product for athletes, there are better options on the market.
Ora Organics (Performance Plant Protein - Vanilla)	25 grams (170 calories, 7 g carbs, 3 g added sugar, 3.5 g fat)	Ora Whole Food Protein Proprietary Blend (organic pea protein, brown rice protein, pumpkin seed protein, sacha inchi protein, watermelon seed protein, amaranth sprout powder, broccoli sprout powder, lentil sprout powder, millet sprout powder, pumpkin sprout powder, spelt sprout powder, sprouted quinoa powder)	Organic coconut milk, organic coconut sugar, natural vanilla flavor, organic guar gum, organic stevia extract	No		This is a good-option for active individuals. We would not recommend this product for drug-tested athletes.
Orgain (Plant-Based - Vanilla Bean)	21 grams (150 calories, 15 g carbs, 0 g added sugar, 4 g fat)	Orgain Organic Protein Blend (organic pea protein, organic brown rice protein, organic chia seed)	Orgain organic creamer base (organic acacia, organic high oleic sunflower oil, organic rice dextrin, organic sunflower lecithin, organic rosemary extract), organic erythritol, organic natural flavors, organic acacia, sea salt, organic reb a (stevia extract), organic guar gum, xanthan gum, natural flavor	No	This product contains 5 g erythritol (sugar alcohol) which may cause GI upset around exercise Serving size is 2 scoops (46 grams) - larger size than most powders (typical scoop around 30 grams)	Sugar alcohols may cause GI distress in some people. We feel there are better options on the market. Not recommended for drug-tested athletes.
Organifi (Plant Protein - Vanilla)	20 grams (170 calories, 8 grams carbs, 3 g added sugar, 6 g fat)	Protein blend (organic pea protein, organic flax seed, organic quinoa, organic pumpkin seed protein)	Organic coconut milk, organic coconut sugar, organic agave inulin, organic acacia fiber, organic vanilla flavor, organic stevia extract, organic fruit and vegetable blend (tomato, broccoli, carrot, shitake, cranberry, apple, orange), sea salt, organic luohangua (monk fruit) extract	No	This product contains a digestive enzyme blend (amylase, protease, lipase, lactase, cellulase)	This product would be a good option for active individuals looking for a plant-based protein. Not recommended for drug-tested athletes.

OWYN (Plant Protein - Vanilla)	20 grams (1.85 g leucine) (140 calories, 7 g carbs, 4 g added sugar, 1 g fat)	OWYN* Protein Blend (pea protein concentrate, pumpkin protein, chia)	Organic cane sugar, natural flavors, silica, monk fruit extract, Superfoods & Greens blend (kale, spinach, broccoli), mineralized seaweed, Bacillus Coagulans MTCC (1mg) (10 million CFUs), flaxseed, salt	No		This product would be a good option for active individuals looking for a plant-based protein. Not recommended for drug-tested athletes.
PEScience (Select Protein - Gourmet Vanilla)	24 grams (120 calories, 2.5 g carbs, 0 g added sugar, 1.5 g fat)	Select protein blend (milk protein isolate (comprised of casein and whey protein), milk protein concentrate 80%, leucine peptides)	Sodium chloride, natural and artificial flavors, guar gum, sucralose, acesulfame potassium	No	Artificial flavors and sweeteners	We would not recommend this product due to the ingredients. There are better options on the market.
Premier Protein (Whey Protein - Vanilla Milkshake)	30 grams (130 calories, 2 g carbs, 0 g added sugar, 2 g fat)	Whey protein isolate, whey protein concentrate	2% or less of soluble corn fiber, sunflower lecithin, natural and artificial flavors, acesulfame potassium, sucralose, xanthan gum, salt	No	Artificial flavors and sweeteners	We would not recommend this product due to the ingredients. There are better options on the market.
Promix (Vegan Protein - Vanilla)	25 grams (1.9 g leucine) (115 calories, 2 g carbs, 0 g added sugar, 0 g fat)	Non-GMO Canadian yellow pea protein isolate	Vanilla extractives, monk fruit, pink himalayan salt, vitamin B12 (methylcobalamin)	Yes - NSF Certified for Sport		This product is a good option for athletes and active individuals looking for a plant-based protein powder with minimal ingredients. Their whey is not NSF Certified for Sport.
Puori (Whey - Bourbon Vanilla)	21 grams (120 calories, 6 g carbs, 3 g added sugar, 1.5 g fat)	Whey protein concentrate	Organic coconut sugar, natural flavor, vanilla powder (gum arabic, vanilla extract) vanilla seeds	No		While this product has minimal ingredients, we recommend products that use a whey protein isolate.
Pure Protein Powder (100% Whey - Vanilla Cream)	25 grams (2.6 g leucine) (160 calories, 9 g carbs, 2 g sugar, 2.5 g fat)	Protein blend (ultrafiltered whey protein concentrate, microfiltered whey protein isolate)	Maltodextrin, natural and artificial flavors, cellulose gum, soy lecithin, xanthan gum, dicalcium phosphate, calcium carbonate, acesulfame potassium, sucralose	No	Artificial flavors and sweeteners	We would not recommend this product due to the ingredients. There are better options on the market.
Quest (Whey Protein - Vanilla Milkshake)	24 grams (110 calories, 2 g carbs, <1 g added sugar, .5 g fat)	Protein Blend (Whey Protein Isolate, Micellar Casein)	Natural Flavors. Contains less than 2% of the following: sea salt, sunflower lecithin, cellulose gum, carrageenan, silicon dioxide, sucralose, steviol glycosides (stevia).	No	Artificial sweeteners, carrageenan	We would not recommend this product due to the ingredients. There are better options on the market.
Ritual (Daily Shake 18+ - Vanilla)	20 grams (115 calories, 3 g carbs, 0 g added sugar, 2 g fat)	Organic pea protein	Natural flavor, organic coconut medium-chain triglyceride (MCT) oil, xanthan gum, salt, sunflower lecithin**, reb-M (from fermented sugarcane), Mixed tocopherols, Organic monk fruit (Luo han guo) extract. **Derived from Non-GMO Sunflower	Yes - Informed Sport Certified	This product also contains L-methionine (493 mg) to make for a more well-rounded amino acid profile.	This product is a good option for athletes and active individuals.
Shakeology	16 grams (160 calories, 15 g carbs, 5 g added sugar, 3 g fat)	Vegan protein blend (pea protein, flax seed, rice protein, quinoa seed)	Organic cane sugar, natural flavors, xanthan gum, stevia leaf extract, himalayan pink salt, mixed tocopherols (to maintain freshness)	No	This product contains a proprietary superfood blend Vegan Protein Blend (Pea protein, Flax (seed), Rice protein, Quinoa (seed)), Pea fiber (seed), Rose hips (fruit), Pomegranate juice powder (fruit), Yacon (root), Acerola juice powder (fruit), Astragalus (root), Bilberry juice powder (fruit), Blueberry (fruit), Camu-Camu (fruit), Chicory fiber (root), Bacillus coagulans, Organic cordyceps (fungi), Lycium juice powder (fruit), Ashwagandha (root), Organic chaga (fungi), Organic maitake (fungi), Organic reishi (fungi), Spinach (leaf), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (Brassica oleracea L. var. acephala) (leaf), Schisandra (fruit), Matcha green tea (leaf), Maca (root), Cinnamon (bark), Luo Han Guo extract (fruit), Chlorella.	This product is lower in protein than others on the market and higher in added sugar. It also contains 6 grams of fiber (yacon root, chicory root) per serving. We especially do not recommend this around training as it can lead to GI distress. We would not recommend this product as there are better options on the market.
Simply Teras (Organic Whey Protein - Bourbon Vanilla)	20 grams (2.2 g leucine) (110 calories, 4 g carbs, 1 g added sugar, 2 g fat)	Organic whey protein concentrate	Organic bourbon vanilla flavor, organic sunflower lecithin, organic stevia	No		This product is a good option for active individuals looking for a whey protein powder with minimal ingredients. Not recommended for drug-tested athletes.

Sunwarrior (Warrior Blend - Vanilla)	16 grams (1.3 g leucine) (100 calories, 2 g carbs, 0 g added sugar, 2 g fat)	Organic pea protein, organic hemp seed protein, organic goji berry	Organic vanilla flavor, organic guar gum, sea salt, MCT oil, organic stevia leaf extract (steviol glycosides)	No		This is a good option for active individuals looking for a plant-protein with minimal ingredients. We would not recommend this product for drug-tested athletes as it contains hemp and does not hold any third-party testing.
TB12 (Plant Based - Vanilla)	24 grams (120 calories, 3 g carbs, 0 g added sugar, 2 g fat)	Pea protein	Salt, guar gum, reb A (stevia), natural flavors, monk fruit extract	No		This is a good option for active individuals. While the whey protein is Informed Sport, the plant-based is not. Therefore we do not recommend this for drug-tested athletes.
Thorne (Whey Protein Isolate - Vanilla)	21 grams (2.2 g leucine) (100 calories, 3 g carbs, 1 g added sugar, .5 g fat)	Whey protein isolate	Flavors, evaporated cane juice sugar, carboxymethyl-cellulose gum, xanthan gum, stevia extract (leaf) (Rebaudioside A)	Yes - NSF Certified for Sport	This product also contains a proprietary blend of digestive enzymes	This is a good option for athletes and active individuals.
Truvani (Plant Based - Vanilla)	20 grams (130 calories, 5 g carbs, 0 g added sugar, 3 g fat)	Organic pea protein concentrate, organic pumpkin seed concentrate, organic chia seed protein concentrate	Organic vanilla powder, organic monk fruit extract	No		This is a good option for active individuals looking for a plant-based protein powder with minimal ingredients. Not recommended for drug-tested athletes.
Vega (Sport - Vanilla)	30 grams (2.5 g leucine) (170 calories, 4 g carbs, 0 g added sugar, 3.5 g fat)	Pea protein, pumpkin seed protein, organic sunflower seed protein, alfalfa protein	Natural flavor, tart cherry powder, sea salt, stevia leaf extract, probiotics (Bacillus coagulans GBI- 30 6086), xanthan gum, bromelain, turmeric extract, black pepper extract	Yes - NSF Certified for Sport		This is a good option for athletes and active individuals.

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*We do not recommend protein powders with artificial sweeteners, sugar alcohols, and carrageenan. These can potentially lead to gastrointestinal (GI) distress such as gas, bloating, diarrhea, upset stomach.

These products hold **Informed Choice certification. This is not recommended for drug-tested athletes because not every batch is tested, but it's a good option for active individuals looking for a third-party tested product.