



# TYPES OF PROTEIN POWDER

## WHEY

source: *dairy milk*

- + inexpensive
- + good for building muscle
- + popular taste & texture
- can be very processed
- can be allergenic
- can be difficult to digest for some



## SOY

source: *soybeans*  
(can be GM)

- + inexpensive
- can be very processed
- can be allergenic
- can be hormone-disrupting



## PEA

source: *pea*

- + inexpensive
- can be very processed
- can be allergenic



## EGG

source: *egg whites*

- + good animal-sourced alternative if sensitive to dairy
- can be allergenic



## HEMP

source: *hemp plant (not marijuana)*

- + not as allergenic as other plant-based options
- + source of nutrients & fiber
- earthy taste



## RICE

source: *brown rice*

- + inexpensive
- + source of fiber
- grains can be difficult to digest for some

## COLLAGEN

source: *bones, hide, joints of beef, fish, chicken*

- + good for building gut, hair, skin, bone, joint tissue
- + popular taste and texture
- + easy to add to coffee/tea
- can cause histamine reaction
- expensive

PROCESSING/DIGESTIBILITY: concentrate < isolate < hydrolysate



PLANT  
SOURCE



ANIMAL  
SOURCE



INCOMPLETE



COMPLETE