



LINDGREN
functional medicine

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



EGG

source: egg whites

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



SOY

*source: soybeans
(can be GM)*

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



HEMP

source: hemp plant (not marijuana)

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

PEA

source: pea

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



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