

PROTEIN POWDER MENU CARD

WHEY



SOY



RICE



PEA



CASEIN



CONCENTRATION OF PROTEIN

80–97%

90%

80%

80%

80%

ABSORPTION RATE

FAST

MEDIUM

MEDIUM

MEDIUM

SLOW

AMINO ACID PROFILE

High
BCAA
Content

Contains
All 8
EAA's

Contains
All 8
EAA's

High
glutamin
content

High
glutamin
content

IDEAL TIME FOR INTAKE

Workout
Morning
Afternoon

Workout
Morning
Afternoon
Night

Workout
Morning
Afternoon
Night

Workout
Morning
Afternoon
Night

Afternoon
Night

ALLERGEN INFO

Gluten free

Gluten free
Lactose free
Dairy free

Gluten free
Lactose free
Dairy free

Gluten free
Lactose free
Dairy free

Gluten free

★ FOR VEGETARIANS

★ FOR VEGANS

