

Company	Muscle Gauge Nutrition	Muscle Gauge Nutrition	BSN	Optimum Nutrition	CytoSport	Gaspari Nutrition	Dymatize Nutrition	Scivation	VPX
Protein Brand									
Product Name	Premium Blend	American Isolate	Syntha-6	100% Whey	Muscle Milk	IntraPro Pure Whey Isolate	Elite Whey Protein Isolate	Whey	Syngex Synergistic Whey Protein Blend
Serving Size	30.0g	29.7g	44.0g	29.4g	70g	36g	32.4g	28.4g	29g
Price/Serving*	\$0.45	\$0.36	\$0.77	\$0.52	\$1.42	\$0.87	\$0.42	\$0.40	\$0.44
Calories	120	120	200	120	300	155	117	104	120
Protein	22g	22g	23g	24g	32g	25g	24g	22g	20g
Carbs	4g	3g	13g	3g	16g	5g	2g	1g	3g
Fat	1g	3g	6g	1g	12g	4g	2g	1g	3g
% Protein	73%	74%	52%	82%	46%	69%	74%	77%	69%
Protein(s):	Whey Protein Concentrate Whey Protein Isolate	Whey Protein Isolate Whey Protein Concentrate Whey Peptides	Whey Protein Concentrate Whey Protein Isolate Calcium Caseinate Micellar Casein Milk Protein Isolate Egg Albumin Glutamine Peptides	Whey Protein Isolate Whey Protein Concentrate Whey Peptides	Calcium Caseinate Sodium Caseinate Milk Protein Isolate Whey Protein Isolate Whey Protein Concentrate Whey Peptides Lactoferrin L-Glutamine Taurine	Whey Protein Isolate L-Leucine L-Glutamine Taurine L-Isoleucine L-Valine	Whey Protein Isolate Whey Protein Concentrate Whey Peptides	Whey Protein Concentrate Whey Protein Isolate	Whey Protein Concentrate Whey Protein Isolate
Other Ingredients:	Natural and Artificial Flavors, Xanthan Gum, and Sucralose	Sweet Whey, Non-Dairy Creamer, natural and Artificial Flavors, Skim Milk, Xanthan Gum, and Sucralose.	Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Di-Glycerides, Di-Potassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Polydextrose, Natural and Artificial Flavors, Medium Chain Triglycerides, Non-Fat Dry Milk, Di-Sodium Phosphate, Silicon Dioxide, Cellulose Gum, Sucralose, Acesulfame Potassium, Papain, and Bromelain	Artificial Flavor, Lecithin, Acesulfame Potassium, Aminogen®, and Lactase	Medium Chain Triglycerides, Sunflower and/or Safflower Oil, Canola Oil, L-Carnitine, Maltodextrin, Resistant Maltodextrin, Fructose, Natural and Artificial Flavor, Vitamin Mineral Blend, Potassium Chloride, Fructopoligosaccharide, Acesulfame Potassium, Sucralose, and Soy Lecithin.	Sunflower Oil, Maltodextrin, Flax Seed Oil, Sodium Caseinate, Mono-Diglycerides, Mono Esters, Xanthan Gum, Cellulose Gum, Carrageenan, Natural and Artificial Flavors, Silicon Dioxide, Sodium Chloride, Sucralose, and Acesulfame Potassium.	Natural and Artificial Flavors, Guar Gum, Potassium Chloride, Acesulfame Potassium, Sodium Chloride, Soy Bean Oil.	Natural and Artificial Flavors, Xanthan Gum, and Sucralose	Natural and Artificial Flavors, Dipotassium Phosphate, Tripotassium Phosphate, Sodium Poyphosphate, Sodium Chloride, Sucralose, and Acesulfame Potassium.

\*Price per serving is based off of internet average as of 11/5/10