



Tips For Choosing The Right Protein Powder To Lose Weight And Gain Muscles



Talk to your dietitian or a medical doctor to determine if you need protein powder.

Choose protein powders containing whey, whey isolate, whey hydrolysate, casein protein, soy, and egg.



Check the ingredient list to avoid any substance that may trigger your allergies.

Choose protein powders containing natural flavors.



Opt for gluten-free products if you have gluten-related conditions.

Choose products that are easy to mix and prepare.



Look for products with no added sugars and good calorie content.