

# Important Considerations When Choosing Protein Powder For Women



Recognize your needs, whether for building muscle or losing or gaining weight, when selecting protein powders.

Consult a doctor or dietitian to choose the right product.



Look for plant-based or milk-based proteins, depending on your food preference.

Choose supplements with no added sugar if you have diabetes.



Choose low-range protein powder or keep your intake to a minimum if having kidney ailments.

Prefer protein powders with no artificial flavors or colors.

