

Where Can I Find My Protein Supplements After Weight Loss Surgery Surgery?

| Name | Kcal-amount per serving | Protein-grams per serving | Type of Protein | Sugar-grams per serving | Availability |
|--|-------------------------------|---------------------------|---|-------------------------|--|
| EAS AdvantEdge CHO control | 100 | 15 | Milk protein concentrate, Calcium caseinate, Whey Protein Isolate | 0 | www.allstarhealth.com GNC |
| E.A.S. Myoplex Carb Sense Ready to Drink (Fruit flavored) | 90 (per 10.5 fluid ounces) | 22 | Milk protein concentrate, Calcium caseinate, Whey protein isolate | 0 | AINutritionProducts.com www.EAS.com GNC |
| Bariatric Advantage | 140 (per 2 scoops) | 27 | Whey protein isolate | 1 | www.bariatricadvantage.com |
| GNC Soy Protein (unflavored/unsweetened) | 60 (per 15 grams) | 13 | Isolate Soy Protein | 0 | GNC www.gnc.com |
| IDS Whey Isolate | 106 (per 28 grams) | 23 | Hyper Anabolic Whey Isolate | 1.5 | www.store.bariatriceating.com |
| AchievOne Ready to Drink | 120 (per 9 ounces) | 20 | Milk Protein Concentrate | 3.5 | www.store.bariatriceating.com |
| Nectar Protein | 90 (per 25 grams) | 23 | Whey Protein Isolate | 0 | www.store.bariatriceating.com |
| Whey Fruity | 105 (per 30 grams) | 26 | Whey Protein Isolate | 0 | www.store.bariatriceating.com |
| ProPlete | 120 (21 grams) | 21 | Whey Protein Concentrates | 3 | www.store.bariatriceating.com |
| Unjury | 90 (per 25 grams) | 20 | Whey Protein Isolate | 2 | www.unjury.com |
| Elite | 110 (per 29 grams) | 23 | Whey Protein Isolate | 1 | www.bariatriceating.com |
| Zero Carb Isopure | 100 (per 31 grams) | 25 | Whey Protein Isolate | 0 | www.store.bariatriceating.com |
| Any Whey Protein | 70 (per 20.5 grams) | 17 | Whey Protein (Isolate, Concentrate & Hydrolysate) | 0 | www.store.bariatriceating.com |
| Procel | 110 (per 26 grams) | 20 | Whey Protein Concentrate & Lecithin | <1 | www.globalhp.com GNC |

| Name | Kcal-amount per serving | Protein-grams per serving | Type of Protein | Sugar-grams per serving | Availability |
|---|--------------------------------|----------------------------------|--|--------------------------------|---|
| RTD Extreme Smoothies | 170 (per 11 fl.oz) | 35 | Calcium Caseinate | 4 | www.store.bariatriceating.com |
| Optisource High Protein Drink | 200 (per 8 oz) | 24 | Milk Protein Isolate | 0? | www.optifast.com Walgreens |
| Revival Soy Shakes | 130 | 20 | Soy Protein Blend (Soy Isolate & Soy Concentrate) | 0 | www.revivalsoy.com call 1-800-REVIVAL GNC |
| Jim's PermaLean Protein | 104 (per 26 grams) | 20 | Whey Protein, Whey Isolate | 4.5 | www.permalean.com |
| N-R-G Protein Booster | 110 (per 28 grams) | 21 | Isolated Soy Protein, Calcium Caseinate, Sweet Dairy Whey | 3 | www.allstarhealth.com |
| NUTRABalance | 110 (per packet) | 17 | Whey Protein Isolate | 0 | www.nutra-balance-products.com |
| Chike Nutrition | 170 (per 48 gram pkt) | 27 | Whey Protein Isolate, Whey Protein Concentrate | 1 | www.chikenutrition.com |
| Jay Robb | 110 (per 30 gram scoop) | 25 | Cold-processed cross-flow microfiltered whey protein isolate | 0 | www.jayrobb.com |
| Atkins Read to Drink Shake | 170 (per 11 oz. Can) | 20 | Calcium Caseinate, Whey Protein Caseinate | 2 | www.atkins.com Grocery Store |
| Optimum Nutrition 100% Whey | 130 (per 32.4 grams) | 23 | Whey Protein Concentrate, Whey Protein Isolate | 1 | www.boybuildingforyou.com GNC |
| Met-Rx Protein Plus Ready to Drink | 100 (per 11 oz) | 21 | Calcium Caseinate, Milk Protein Concentrate | 1 | www.drugstore.com GNC |
| ProBlend | 135 (per 35 oz) | 27 | Whey Protein Concentrate, Whey Isolate Calcium Caseinate, | 2 | www.nutripeak.com GNC |

Note: Collagen-based protein powders (e.g. New Whey "bullet" drink) are incomplete protein products and are generally discouraged and/or should be limited.

The information contained on this handout is presented for general information purposes only and is subject to change by third parties. The hospital does not recommend any particular vendor, product or service. Other vendors, products and services may be available from persons not on this list. Nothing contained on this handout should be construed nor is intended to be used for medical diagnosis or treatment. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program.

Updated on 2/24/09