

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

BEST PROTEIN POWDERS



Protein powder alone won't help you build muscle faster or lose fat.

Protein powder is fast, easy, and affordable. It also has low carbs and fat, which helps with your meal planning.

There are the "little" things that are supposed to make certain protein powders better or worse than others like:

- ✓ Amino acids
- ✓ Digestive enzymes
- ✓ Simple carbs such as sucrose and dextrose
- ✗ Artificial sweeteners
- ✗ Strange chemicals that you can't pronounce

TYPES OF PROTEIN POWDER

Personally, I would only consider buying a protein powder that has a good macronutrient profile (high in protein and low in carbs and fats) and a minimal amount of artificial ingredients and that tastes good and mixes well and is reasonably priced.

01. Whey Protein

Whey protein powders give you a high amount of protein per dollar, they generally taste pretty good, and their amino acid profile is particularly good for people trying to [improve their body composition](#).

02. Casein Protein Powder

Casein protein [is digested slower than whey](#), which results in a slower, steadier release of amino acids into the blood.

There's an ongoing debate about whether whey or casein is better for muscle building purposes, but here's what most reputable experts agree on:

- ✓ Whey's rapid digestion and abundance of leucine makes it an ideal choice for [post-workout nutrition](#).
- ✓ Casein is good for general supplementation needs and [is just as good as whey for muscle building purposes](#)
- ✓ Casein [may](#) or [may not](#) be as good post-workout as whey—the jury's still out on this one.
- ✓ [You can speed up muscle recovery](#) by having 30 to 40 grams of a slow-burning protein like casein before bed.

03. Egg Protein Powder

Although egg protein is not as popular as whey or casein, it has [a high biological value](#). It digests even slower than casein. Egg protein powder has little-to-no fat and carbohydrate.

04. Plant Protein Powder

The protein found in many plants, vegetables, and grains such as rice, hemp, and pea is often thought of as inferior to animal proteins.

The most common charge leveled against plant proteins is that they're "incomplete" and thus aren't suitable for [meeting the body's protein needs](#).

This is a myth.

[Research](#) shows that all protein found in plants and vegetables is "complete."

That is, it contains all the same amino acids as animal proteins.

Where plant proteins can be inferior, though, is in their amino acid profiles and how well they're absorbed in the body.

Some forms of plant protein are lower in [essential amino acids](#) than others and some are better absorbed by the body than others.

This just means that if you want to get a significant amount of your protein from plants, grains, seeds, vegetables, and the like, you need to be more discriminating than an omnivore.

05. Soy Protein

Soy protein is a mixed bag.

While research has shown it's an [all-round effective source of protein for building muscle](#), it's also a source of ongoing controversy, and especially for men.

The bottom line is if you want to supplement with a protein powder several times per day, I recommend you go with something other than soy.

The Bottom Line on the Best Protein Powders

Here's a recap:

- ✓ No one protein powder is unequivocally better for weight loss than another but less carbohydrate and fat in the powder, the better.
- ✓ Whey protein is particularly good for post-workout meals.
- ✓ Whey, casein, and egg are good for general supplementation, with casein and egg possibly being better for long-term muscle gains.
- ✓ A slow-digesting protein like egg and casein is good for having before you go to bed. Food works well for this as well (eggs, low-fat cottage cheese, and Greek yogurt are my favorites choices.)
- ✓ It's probably a good idea to skip soy protein and go with something else instead.
- ✓ A blend of rice and pea protein is a great option for plant-based protein.
- ✓ If you're like me and like to keep things simple, get a [whey protein](#) and use a few scoops per day and get the rest of your protein from food.

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