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## 8 Best Protein Powders from a Certified Sports Nutrition Coach 2024

By [Amanda Capritto](#)



Edited by [Marlo Jappen Porto](#)

Updated: Aug. 9, 2024



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Looking to boost your protein intake? Protein powder can be a convenient way to help. There are a lot of protein powders out there and, as a certified sports nutrition coach, I know how confusing it can be to sift through dozens of supplement labels, ingredients lists, and marketing claims.

I'll let you in on a secret: There's no single "best" protein powder. What you *can* do is choose the best protein powder for you, meaning your unique dietary needs and fitness goals. With the help of two registered dietitians – and my own experience testing dozens of protein powders – I've come up with a list of the top protein powders. The Grass-Fed Whey Protein Isolate from Transparent Labs earns our overall recommendation, but we have options to suit various preferences and needs.

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## Best Overall

# Transparent Labs Grass-Fed Whey Protein Isol...

**PROS:**

- ✓ 28 grams of protein per serving
- ✓ No artificial sweeteners, fillers, food dyes, gluten, or preservatives
- ✓ Minimal ingredients
- ✓ Third-party tested for banned substances
- ✓ Independently tested for impurities
- ✓ 12 flavors

**CONS:**

- ✗ On the expensive side
- ✗ Sweetened with stevia, which upsets digestion in some people

[Buy From Amazon](#)

While I said there's no single best [protein powder](#), this one, which earns our best overall pick, comes close. Transparent Labs Grass-Fed Whey Protein Isolate is an incredibly clean whey protein powder backed by multiple independent lab testing agencies.

It’s certified to be free from banned substances in sports and is tested for yeasts, molds, bacteria, and metals. You can view the [certificates of composition](#) (showing the weight of what’s in the powder) and the [certificates of analysis](#) for individual product batches (showing purity test results) on the Transparent Labs website.

This protein powder is free from unnecessary ingredients and has one of the highest amounts of protein per serving among all protein powders. Where 20 to 25 grams per serving is average, Transparent Labs Whey Protein Isolate contains 28 grams per serving.

Though it’s made from whey protein, which comes from milk, it’s so filtered that it’s virtually free from lactose. Those with lactose intolerance should still take caution with any whey protein, however. Also, this product is sweetened with stevia, which may cause digestive symptoms in some individuals.

I’ve personally tested this protein powder and have gone through several tubs of it; I can attest that it dissolves well in both plain water and milk, though I recommend using a [shaker bottle](#) rather than a drinking glass and spoon. I get the milk chocolate flavor and enjoy it with milk, but it comes in 12 flavors, so you’re bound to find one that satisfies your taste buds.

Specs

|                      |  |
|----------------------|--|
| List Price:          | \$59.99 (30 servings)  |
| Protein Source:      | Grass-fed whey protein isolate   |
| Protein Per Serving: | 28 g   |
| Flavors:             | Milk Chocolate, French Vanilla, Chocolate Peanut Butter, Dark Chocolate, Unflavored, Strawberry Milkshake, Cinnamon French Toast, Mocha, Vanilla Peanut Butter, Mint Chocolate Chip, Blueberry Pancakes, Oatmeal Chocolate Chip Cookie |

[Buy From Amazon »](#)

## Best Budget

### Optimum Nutrition Gold Standard 100% Whey ...



#### PROS:

- ✓ Less expensive, but still a strong formula
- ✓ Informed Choice tested
- ✓ Nearly 20 flavors available
- ✓ Mixes well

#### CONS:

- ✗ Includes artificial sweeteners
- ✗ Includes artificial flavors

[Buy From Amazon](#)

Optimum Nutrition Gold Standard 100% Whey Protein is the protein powder I first used when initially becoming interested in fitness many years ago. Why? It's one of the least expensive options on the shelves. Though I've mostly graduated to other protein powders, Gold Standard still finds its way into my

rotation occasionally, especially when I want to swing by a store and quickly pick up a tub instead of waiting for delivery.

While many protein powders cost upward of \$2 per serving, Optimum Nutrition Gold Standard whey costs about \$1.50 per serving for a 29-serving tub (based on the manufacturer’s website), and that cost decreases as the tub size increases. It’s also often available for even less on third-party retail sites like Amazon.

For the lower cost, you will experience some trade-offs, namely that the formula includes some artificial flavorings and sweeteners. If that doesn’t bother you, you can rejoice knowing you’re getting 24 grams of protein and 5.5 grams of branched-chain amino acids (BCAAs) for a very reasonable price.

Optimum Nutrition doesn’t compromise on its transparency. Despite the lower cost, this protein powder is still Informed Choice Certified, meaning it’s tested for substances banned by major athletic organizations so competing athletes can safely use this product.

With nearly 20 flavors available, there’s something for everyone, but I’ll say that Double Rich Chocolate hasn’t ever let me down. And thanks to the lecithin (an emulsifier) in this protein powder, it mixes like a charm.

Specs

|                      |  |
|----------------------|--|
| List Price:          | \$44.99 (29 servings)                          |
| Protein Source:      | Whey protein isolate, whey protein concentrate |
| Protein Per Serving: | 24 g   |

**Flavors:**

Banana Cream, Chocolate Coconut, Chocolate Malt, Chocolate Mint, Chocolate Peanut Butter, Cinnamon Roll, Coffee, Cookies & Cream, Delicious Strawberry, Double Rich Chocolate, Extreme Milk Chocolate, French Vanilla Creme, Fruity Cereal, Mocha Cappuccino, Rocky Road, Strawberries & Cream, Strawberry Banana, Vanilla Ice Cream

[Buy From Amazon »](#)

## Best Clean Protein Powder

### Ritual Daily Protein Shake 18+ »

**PROS:**

- ✓ Informed Sport Certified
- ✓ Clean Label Project Certified
- ✓ Non-GMO Project Verified

**CONS:**

- ✗ Very expensive
- ✗ Sweetened with stevia, which upsets digestion in some people

[Buy From Amazon](#)

- ✓ Traceable ingredients
- ✓ Complete vegan protein

If you're looking for a protein powder with clean ingredients, you'll want to take a look at the Ritual Daily Protein Shake 18+. As a brand, Ritual has made a hefty commitment to transparency and consumer trust and it shows in this protein powder.

This protein powder is Informed Sport Certified, meaning it's free from more than 250 banned substances in sports. It's also Clean Label Project (CLP) Certified, a certification awarded by the CLP to products that have undergone extensive testing for environmental contaminants such as pesticides, antibiotic residues, and plasticizers, as well as heavy metals including lead and mercury.

Ritual didn't stop there: The brand also highlights traceability through its [Made Traceable](#) program, which shows consumers where ingredients are sourced and manufactured (and why Ritual chose them).

All of this shows in the label. Daily Protein Shake 18+ includes minimal ingredients, with the star of the show being organic pea protein. Other ingredients include flavorings, sweeteners (stevia and monk fruit), and emulsifiers for taste and texture.

One thing I love about this protein powder as a sports nutrition coach is that Ritual specifies the amount of L-methionine in the formula. Pea protein is one of the very few complete plant proteins. In other words, it contains all nine essential amino acids (EAAs) which are required for muscle growth, but it's naturally low in methionine. With 4 grams of methionine per serving, this vegan protein provides a complete source of EAAs.

As you might expect, all of this comes at a cost. Ritual Daily Protein Shake 18+ is one of the most expensive protein powders on our list, ringing up at nearly \$3 per serving. For individuals who prioritize clean ingredients, it'll be well worth the cost.



Specs

|                      |                     |
|----------------------|---------------------|
| List Price:          | \$44 (15 servings)  |
| Protein Source:      | Organic pea protein |
| Protein Per Serving: | 20 g                |
| Flavors:             | Vanilla             |

[Buy From Amazon »](#)

Best Organic

Truvani Organic Plant-Based Protein Powder »



PROS:

✓ United States

CONS:

✗ Expensive

Department of  
Agriculture (USDA)  
Certified Organic

✗ Not fortified with  
methionine (important  
for pea protein)

- ✓ Minimal ingredients
- ✓ No fillers, preservatives,  
artificial sweeteners,  
stevia, or artificial  
ingredients
- ✓ Non-GMO Project  
Verified
- ✓ Nine flavors
- ✓ Appealing taste and  
texture

[Buy From Amazon](#)

Truvani Organic Plant-Based Protein Powder is one of the tastiest vegan protein powders I've tried. I typically don't like vegan protein powders because they often have a gritty texture and grassy aftertaste. This one is quite the contrary: It mixes wonderfully in plain water and with milk or milk alternatives, and the flavor (at least the chocolate flavor) is decadent and has no aftertaste.

Taste-test results aside, the ingredients profile for Truvani protein is impressive, too. It's made with just six ingredients, including organic pea protein as the main one, and it offers up to 20 grams of protein per scoop. The blend is free from preservatives, fillers, artificial ingredients, artificial sweeteners, and stevia. Instead, it's sweetened with monk fruit extract. Plus, it includes pumpkin seed and chia seed proteins in addition to the pea protein.

Budget-conscious shoppers may want to look for a different organic option. Truvani Organic Plant-Based Protein Powder costs nearly \$3 per serving, making it one of the more expensive options available. But, some individuals may find its organic ingredients to be worth the splurge.

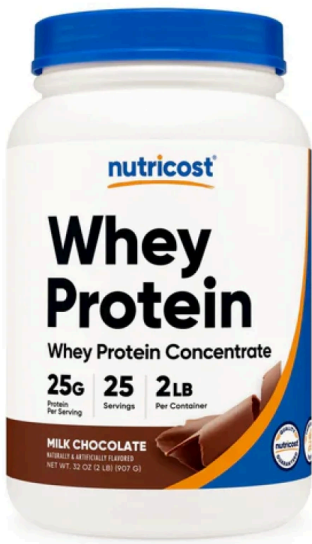
## Specs

|                      |   |
|----------------------|---|
| List Price:          | \$59.99 (20 servings)   |
| Protein Source:      | Organic pea protein   |
| Protein Per Serving: | 20 g  |
| Flavors:             | Chocolate, Vanilla, Banana Cinnamon, Chocolate Peanut Butter, Vanilla Chai, Peanut Butter, Unflavored/Unsweetened, Matcha, Lemon Cookie |

[Buy From Amazon »](#)

Best for Muscle Gain

Nutricost Whey Protein Concentrate »



|                       |                             |
|-----------------------|-----------------------------|
| PROS:                 | CONS:                       |
| ✓ 25 g of protein per | ✗ Relatively high in sodium |

serving

✗ Not available in as many  
flavors as other options

✓ Complete amino acid  
profile

[Buy From Amazon](#)

✓ Costs as little as \$1 per  
serving

✓ Several flavor options

When it comes to building muscle, maximizing protein and calorie intake is key. But, you don't have to strain your wallet to substantially increase your daily protein consumption.

Nutricost Whey Protein Concentrate provides 25 grams of protein per serving for a reasonable \$1.30 per serving (5-pound tub, unflavored, from Nutricost website). You can drive that price down even further to \$1.04 per serving by signing up for the subscribe-and-save option.

Critics may call out that this protein powder is made from whey protein concentrate as opposed to whey protein isolate. The difference is that whey protein isolate contains more protein by volume and tends to dissolve more easily in liquids.

The fact remains, though, that your body receives 25 grams of protein with a complete amino acid profile with the Nutricost protein. Lactose-intolerant individuals may want to steer clear, though, as concentrate tends to contain greater amounts of lactose than isolate.

Available in five flavors including an unflavored option, Nutricost Whey Protein Concentrate is a solid option for those looking to build muscle and strength with the help of a protein supplement. Just don't forget to lift heavy.

## Specs

**List Price:**

\$43.95 (28 servings)

**Protein  
Source:**

Whey protein concentrate

**Protein Per Serving:**

25 g

**Flavors:** Chocolate, Vanilla, Unflavored, Chocolate Peanut Butter, Strawberry Milkshake

[Buy From Amazon »](#)

## Best for Weight Loss

### Naked Whey Protein Isolate »




#### PROS:

- ✓ Only 90 to 100 calories per serving
- ✓ Simple, minimalist formula
- ✓ Complete amino acid profile

#### CONS:

- ✗ Only fruity flavors available
- ✗ Foams up a lot upon shaking (it will settle)

[Buy From Amazon](#)

 Reasonably priced

Increasing your daily protein consumption is an excellent way to support weight loss efforts. Protein plays a significant role in satiety – a.k.a. keeping you full – and can help reduce cravings, [according to peer-reviewed research](#).

The trick is choosing a protein powder that isn’t full of unnecessary ingredients, which often drives up the calorie count by increasing carbohydrate and fat content. When it comes to the best protein shake for weight loss, simple is best.

That’s why I recommend Naked Clear Whey Protein Isolate to individuals who want to lose weight: Its formula couldn’t be simpler. The ingredients list includes just whey protein isolate, flavoring agents, and monk fruit extract, a calorie-free natural sweetener.

With 20 grams of protein per serving, Naked whey protein can help keep you full between meals or even serve as a yummy dessert when blended with fruit, yogurt, or other ingredients. This whey protein is only available in fruity flavors, a downside for those who prefer richer chocolate options.

For such a clean protein powder, you might expect the price to be on the high side. That’s not the case: Naked Clear Whey Protein Isolate costs \$1.60 per serving or less if you sign up for the subscribe-and-save program.

Specs

|                      |                              |
|----------------------|------------------------------|
| List Price:          | \$44.99 (28 servings)        |
| Protein Source:      | Whey protein isolate         |
| Protein Per Serving: | 20 g                         |
| Flavors:             | Fruit Punch, Grape, Lemonade |

[Buy From Amazon »](#)

## Best Plant-Based

### KOS Organic Vegan Protein Powder »



#### PROS:

- ✓ USDA Certified Organic
- ✓ Vegan formula with complete amino acid profile
- ✓ Fortified with vitamins and minerals
- ✓ Enzymes added for easier digestion

#### CONS:

- ✗ High in fat and sodium
- ✗ Contains tree nuts (coconut)

[Buy From Target](#)

Not all plant-based protein powders are created equal. If they don't contain protein from multiple plant sources or go through a fortification process, they can be low in certain essential amino acids. KOS Organic Vegan Protein Powder includes protein from five plant sources to create a complete amino acid profile with all nine EAAs.

KOS vegan protein powder is slightly higher in carbs and fats than other protein powders due to the protein sources. This isn't necessarily a bad thing, but is a consideration for individuals who are trying to lose weight. It's also high in sodium compared to other protein powder options; again, not a dealbreaker, but worth noting if you're watching their sodium intake.

I've tried the KOS Organic Vegan Protein Powder and, for a vegan protein powder, the texture is actually quite nice. It mixes fairly well, although it takes some more vigorous shaking compared to a whey protein powder, which isn't unusual for vegan protein powders. The chocolate flavor is rich and despite being sweetened with stevia, I didn't pick up on any aftertastes.

Individuals with sensitive stomachs may find the digestive enzyme blend helpful. A formula of proteases, amylase, cellulase, lactase, and lipase, this blend intends to enhance the digestion of sugars, fats, and proteins. This protein powder also contains a fortification blend of several vitamins and minerals, which is a nice touch that many other protein powders don't include.

Specs

|                      |  |  |  |
|----------------------|--|--|--|
| List Price:          | \$55.99 (28 servings)  |  |  |
| Protein Source:      | Organic pea, flax, quinoa, pumpkin seed, and chia seed proteins                |  |  |
| Protein Per Serving: | 20 g   |  |  |
| Flavors:             | Chocolate, Vanilla, Chocolate Peanut Butter, Salted Caramel Coffee, Unflavored |  |  |

Buy From Target »



## Best Casein

### Transparent Labs Grass-Fed Casein Protein »



#### PROS:

- ✓ Dissolves easily in water compared to other casein options
- ✓ Slow-digesting properties make it ideal for nighttime consumption
- ✓ Independently tested for impurities
- ✓ 25 g of protein per serving

#### CONS:

- ✗ Only one flavor
- ✗ Not recommended for those with milk allergies

[Buy From Transparent Labs](#)

Casein protein is a sibling of whey. Both types of protein are made from milk, but whey protein comes from the liquid whey created in the cheese-making process while casein comes from the solid curds.

Due to its origins, casein protein is slow to digest and its properties are even noticeable when you drink it: You'll need much more water to make a drinkable casein shake because it's a lot thicker than whey.

I recommend Transparent Labs Grass-Fed Casein Protein partly because it mixes better than most other casein protein powders I've personally tried, but largely because of Transparent Labs' commitment to pure and potent products. Like other Transparent Labs supplements, this one has undergone testing for impurities, including heavy metals, bacteria, molds, and yeasts. It's also Informed Choice Certified.

Free from artificial additives, preservatives, and other unnecessary ingredients, Transparent Labs casein is ideal for individuals with digestive sensitivities, though it is sweetened with stevia and some people may have reactions to that. Those with lactose intolerance probably want to avoid casein protein in general seeing as it's a milk-based protein.

Casein is a great choice for people who want to build muscle and those who struggle to make it through the night without getting hungry. Because of its slow-digesting properties, it can take [up to eight hours](#) for casein to fully digest and deliver amino acids to the bloodstream.

Specs

|                      |                          |
|----------------------|--------------------------|
| List Price:          | \$59.99 (30 servings)    |
| Protein Source:      | Grass-fed casein protein |
| Protein Per Serving: | 25 g                     |
| Flavors:             | Chocolate                |

[Buy From Transparent Labs »](#)

## The Bottom Line

As a certified sports nutrition coach and product tester who's tried dozens of protein powders, my top pick overall is Transparent Labs Whey Protein Isolate for its simple, effective formula and the brand's commitment to transparency. That said, what works for one person may not be a match for someone else. Another protein powder might better support your unique fitness and nutrition goals. Our list includes options that suit a range of needs.

## Things To Consider When Buying Protein Powders

Trying to make sense of supplement labels can be dizzying. Those product labels provide "a wealth of information and valuable insights that should not be ignored," says registered dietitian Holiday Durham, PhD, at Amway. Once you understand how to read a protein powder label and what it all means, you can make buying decisions confidently.

**Protein Type and Source:** Different types of protein have different benefits and drawbacks. Knowing how they function is helpful when shopping for protein powder.

"The type of protein powder depends on individual dietary and taste preferences, tolerance, timing, and safety," says registered dietitian Jena Brown, who is a sports nutrition expert and the owner of Victorem Nutrition. "Whey and casein are animal-based protein powders, so a plant-based protein powder would be preferred for those who follow a vegetarian or vegan lifestyle."

Whey protein concentrate and whey protein isolate are both made from milk. Brown explains that whey protein isolate goes through an extra step in the manufacturing process that filters most of the lactose (carbohydrate in milk), cholesterol, and fat.

So, “people who have lactose intolerance or a dairy allergy may better tolerate whey protein isolate or a plant-based protein powder option,” she says.

For plant-based protein, look for one that contains a mix of protein sources.

“Choosing a plant-based protein powder with a blended protein source will help you get a variety of essential amino acids to make a complete protein,” Brown says.

**Protein Absorption Rate:** Absorption rates of the different types of protein cater to various consumer goals, such as muscle gain and weight loss, Durham says. The following guidelines provided by Durham can help you choose the best option for your needs.

- **Whey protein** is fast-absorbing (30 minutes to one hour), making it ideal for post-workout recovery to quickly supply amino acids to muscles to prevent muscle loss. Whey protein also helps give a sense of fullness, so it’s a good choice if a person is trying to lose weight but also wants to prevent muscle loss.
  - **Whey isolate** contains more protein (90% or more by volume), less fat and carbohydrates, and less lactose, making it suitable for those who are lactose intolerant, following a low-carb or low-fat diet, and those who are trying to cut calories.
  - **Whey concentrate** usually contains 70% to 80% protein by volume with more carbohydrates than fat. It’s also usually cheaper, less processed, and good for general use. While the lactose content is low overall, it may not be the best choice for those with lactose intolerance.
- **Casein protein** is slow-absorbing (six to eight hours), so it provides a steady release of amino acids which are beneficial for muscle preservation during fasting periods or overnight while sleeping. The slow rate of digestion provides a sense of fullness and satiety, thus helping to reduce caloric intake for weight loss.
- **Plant-based proteins** generally have a moderate absorption rate although the times vary depending on the source. Combining different sources can optimize the amino acid profile and absorption. Usually low in carbohydrates and fats, plant-based proteins provide balanced nutrients but not excessive calories so they are appropriate for weight loss efforts.

**Ingredients:** The primary ingredient in any protein powder should be the protein source. Thus, in a whey protein powder, whey protein should be the first ingredient on

the list; in a casein protein powder, casein protein should be the first ingredient on the list; and so forth.

Other ingredients are there mainly for taste and texture, which is where you'll see things like gums, emulsifiers, sweeteners, and flavoring agents come in. Anything other than protein and taste/texture ingredients is extraneous.

Brown encourages consumers to steer clear of protein powders with artificial food colors, flavorings, and sweeteners and the food additive titanium dioxide. "Artificial food additives have been [shown](#) to affect gut health and lead to other metabolic diseases," she says.

**Protein Content Per Serving:** Most protein powders contain 15 to 30 grams of protein per serving and a single serving is usually one scoop of protein powder, Brown says. While some contain up to 55 grams of protein per serving, this amount is most likely not necessary for the average person wanting to increase protein intake or fill protein gaps throughout the day, she says.

"The ideal serving size of protein powder depends on individual protein needs based on body weight, activity level, and health or performance goals," Brown explains. "The [International Society of Sports Nutrition](#) (ISSN) position stand states that 20 to 40 grams of protein with 700 to 3,000 milligrams of leucine along with a variety of essential amino acids is enough for most healthy, exercising individuals."

**Carb and Fat Content:** Depending on your goals, other macronutrients and micronutrients in your protein supplement can benefit you, says Durham. "While protein is the focus, other macronutrients also play a role in the ideal protein powder selection, along with individual health and well-being goals such as weight maintenance, weight loss, weight gain, and/or muscle gain."

The ideal carbohydrate content depends on the intended use, Durham explains. "For muscle gain or post-workout recovery, 5 to 15 grams of carbs per serving can help replenish stored energy (glycogen) stores. For weight loss or low-carb diets, choose powders with less than 5 grams of carbs per serving," she says.

For meal replacements or for endurance athletes seeking an energy boost, carbohydrate content can be higher, according to Durham.

For fats, Durham says that 1 to 5 grams per serving is ideal. “Fats help with satiety but should not be excessively high unless the goal is to gain weight,” she says. Like carbohydrates, fat should be lower to prioritize the protein content and minimize unnecessary calories. Aim for healthy fats, not trans or saturated fats in a powder.”

**Flavors and Taste:** “Taste preference and tolerance of different types of protein powder vary so you may need to try more than one product,” Brown says. “Some products do not mix as smoothly in liquid or smoothies so this may also influence protein powder choice.”

The best advice in this regard is to thoroughly comb through customer reviews. Buyers will let you know if a protein powder tastes great and mixes well or is clumpy and gross! Ultimately, though, finding one you like is going to be an experiment.

**Third-Party Testing and Certifications:** “Consumers should look for credible third-party testing when choosing a protein powder for product label accuracy and to minimize the risk of exposure to steroids, heavy metals, or other banned substances for sport,” Brown says.

Top testing programs include NSF Certified for Sport and Informed Sport. Also, look for independent lab analyses like certificates of analysis and certificates of composition.

Any brand that puts its products through this type of testing won’t shy away from marketing it, so it’s typically very easy to see which products have undergone third-party testing.

**Added Nutrients and Enzymes:** Protein powders fortified with additional nutrients and/or enzymes can be helpful for certain individuals. Though a fortified protein powder is not a replacement for eating a wide array of nutrient-dense foods, one with boosted vitamin and mineral content can serve a similar purpose to a multivitamin by helping consumers avoid deficiencies. Because evidence on the efficacy of multivitamin use is mixed, it’s probably not worth shelling out extra dollars for these types of protein powders.

Enzymes may help some individuals better digest the contents of a protein powder. This can be particularly helpful in whey concentrate and casein proteins that contain lactase because that enzyme is responsible for the digestion of lactose

(carbohydrates in milk). In plant-based proteins, amylase, lipase, and cellulase may assist in the digestion of sugars and fats. Proteases help break down proteins.

## How We Chose the Best Protein Powders

The featured protein powders in this guide came from my first-hand experience as a certified sports nutrition coach and a certified personal trainer, as well as interviews with two registered dietitians: [Holiday Durham](#), PhD, at Amway and Jena Brown, RD, CSSD, at [Victorem Nutrition](#).

I've personally tested dozens of protein powders across whey, casein, and plant-based categories. For this guide, each product was chosen based on its ranking against a set of criteria, including:

- Protein source and type
- Protein per serving
- Carbohydrates and fats per serving
- Sweeteners
- Taste, texture, and available flavors
- Other ingredients (gums, lecithins, preservatives, flavor agents)
- Third-party testing
- Cost per serving

Additionally, the two registered dietitians we consulted for this guide broke down the benefits and drawbacks of different types of protein powder.

### WHY SHOULD YOU TRUST US?

The author of this piece, [Amanda Capritto](#), is a sports nutrition coach and a certified personal trainer. Additionally, she's a professional gear reviewer specializing in fitness, endurance nutrition, and outdoor recreation. She has nearly seven years of experience testing products and helping consumers make the right buying choices for their needs.

Editor at 360 Reviews [Marlo Jappen Porto](#), who edited this article, has covered a range of fitness and wellness products, including the best [adjustable dumbbells](#), [weight-lifting gloves](#), and [weight benches](#).

## FAQ

**What are the potential benefits and drawbacks of incorporating protein powder into my diet?** +

**How much protein powder should I take?** +

**When's the best time to take protein powder?** +

## About Our Team



### Amanda Capritto

Contributor



Amanda Capritto is a content writer and journalist with extensive experience covering health, fitness, outdoors, and nutrition. She is a certified personal trainer, a sports nutrition coach, and the founder of Smarter Sweat, a fitness coaching business where she focuses on helping individuals reach their full potential in the outdoors.

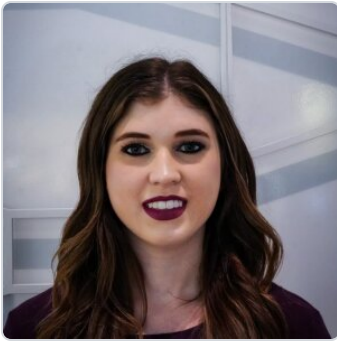
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### Marlo Jappen Porto

Former Editor







Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

[Read more](#)

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