	PROTEIN PODS 100% WHEY PROTEIN 24g-25g PER SERVING	OPTIMUM NUTRITION® 100% WHEY PROTEIN PROTEIN POWDER 31g PER SERVING	MUSCLE MILK® GENUINE PROTEIN POWDER 70g PER SERVING	VADE NUTRITION® DISSOLVABLE PROTEIN PACKS 249-259 PER SERVING	BODY FORTRESS® PROTEIN PACKS 27.5g PER SERVING
CALORIES	90	120	280	90	100
PROTEIN	20g	24g	32g	20g	20g
SUGAR	0	1g	3g	0	<1g
ADDED BCAAs	4.4g	5.5g	0	4.4g	4.5g
ARTIFICIAL FLAVORS / ARTIFICIAL SWEETENERS	NO	YES	YES	YES	YES
SOY FREE	YES	NO	YES	NO	NO

Optimum Nutrition® is a registered trademark of Clanbia Nutritionals Limited. Muscle Milk® is a registered trademark of CytoSport, Inc. Vade Nutrition® is a registered trademark of Pro Bottle LLC. Body Fortress® is a registered trademark of Met-RX Substrate Technology, Inc.

Content information in the charts is as stated on each label as of December 2020, but exact amounts may vary by flavor.