

PROTEIN COMPARISON CHART

PRODUCT	COST PER SERVE	PROTEIN (g)	SERVINGS	SUGAR (g)	FIBRE (g)	FAT (g)	CALORIES	MAIN INGREDIENT/S
EGGCEL 1L Bottle	\$3.12	26.2	4	0		0	120	Egg White only
EGGCEL POWDER 1kg	\$2.75	45.2	20	0	2.1	0	112	Egg White only
Celebrity Slim Meal Replacement Shake 14 day Pack	\$4.28	18.4	Per sachet	27.3	0	2.5	207	Skim Milk Powder, Fructose, Calcium Caseinate
EAS 100% Whey 2.27kg	\$4.16	23	Almost 30	2	3	1	120	Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Cocoa, Natural And Artificial Flavours
Horleys Essential Protein	\$1.72	17.5	18	3.8	0.5	1.3	100	Whey Protein Concentrate (80%), Non Fat Milk Solids, Thickeners (466, 415), Flavour, Artificial Sweetener (955-Sucralose).
Balance 100% Whey Vanilla 750g	\$2.40	24.2	25	1.3	0.6	1.4	118	Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Hydrolysed Whey Protein Concentrate), Flavour, L-Arginine, L-Glutamine
Musashi P40	\$5.04	50	12.5	3.0	10.2	1.9	236	Instantised Whey Protein Isolate, Instantised Whey Protein Concentrate, Maltodextrin, Instantised Skim Milk Powder