THIRD PARTY CERTIFICATIONS

The Food and Drug Administration (FDA) does not approve dietary supplements for safety and efficacy before they are put on the market. Instead, it is up to the individual companies to ensure that their products meet safety standards. Some companies opt to pay a third-party organization to inspect their products and facilities to certify that safety and Good Manufacturing Practices (GMP) are being met. Look for these certifications:

NSF Certified for Sport: Screens for 270+ banned substances, conducts random GMP facility audits, toxicology assessments, tests raw product materials, and verifies Supplement Facts label.

Informed Sport: Screens for 200+ banned substances, conducts random GMP facility audits, toxicology assessments, and tests raw product materials. Every batch of a product is tested before it is released to the market.

Informed Choice: Screens for 200+ banned substances, conducts random GMP facility audits, toxicology assessments, and tests raw product materials. Products are purchased for monthly blind testing.

Good Manufacturing Practice: GMP facilities are required to prove the cleanliness and sanitation of their facility, manufacturing, and storage practices. General guidelines are provided, and it is up to the manufacturer to determine how best to meet them.

For additional information on protein powders, check out this article written by your Harmons Dietitians:

Your Harmons Dietitian can help if you have questions, would like personalized product recommendations, or are curious about your individual protein needs. Reach out to **dietitian@harmonsgrocery.com**

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PROTEIN POWDER 101

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BACKGROUND:

Protein is made of components known as amino acids. There are 21 amino acids, 9 of these are known as essential amino acids that must be consumed through our diet. The essential amino acids are Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, and Valine. When protein is consumed, it is broken down into individual amino acids and used for various functions.

A quality protein powder should have medium-high to high bioavailability and be a complete protein. If using protein powder for post-exercise recovery, a medium-high to high rate of utilization is also optimal.

COMMON PROTEIN TYPES

Milk Proteins

Milk contains two forms of protein, whey and casein, which may contain small amounts of lactose. Some protein powders include milk protein isolate, which is a combination of whey and casein.

Plant-Based Proteins

Many plant-based protein powders use a combination of protein sources to offer a complete protein. Individual plant-based proteins may contain all 9 essential amino acids, but not in sufficient amounts. The rate of utilization of each protein source may vary depending on how it has been processed.

While there are a variety of other plant-based protein sources that are used as secondary ingredients, less is known about their individual bioavailability and rate of utilization.

IMPORTANT TERMS:

Bioavailability: How much of a substance can be absorbed and used.

Rate of utilization: How quickly a substance can be absorbed and used.

Complete protein: Contains all 9 essential amino acids in sufficient amounts for health.

MILK PROTEINS

PROTEIN TYPE	VARIETY	ABOUT	BEST USE
WHEY			
	Whey Concentrate	Protein content of up to 89% and contains small amounts of naturally occurring carbohydrates, fats, and lactose.	Post-exercise recovery, increasing total daily protein intake.
	Whey Isolate	Protein content of 90% or greater with minimal carbohydrates, fat, and lactose.	Post-exercise recovery.
	Whey Hydrolysate	Protein content of 90-95%, and only trace amounts of carbohydrates, fats, and lactose.	Post-exercise recovery for high-level athletes or lactose-intolerant individuals.
CASEIN			
	Calcium or Sodium Caseinate	Isolated casein proteins that are bound to either calcium or sodium.	Increasing total daily protein intake.
	Micellar Casein	Naturally occurring form of casein in milk products.	Increasing total daily protein intake.

PLANT-BASED PROTEINS

PROTEIN TYPE	ABOUT	BEST USE
PEA	A common main ingredient as it has a medium-high bioavailability and rate of utilization. It lacks a sufficient amount of methionine.	Post-exercise recovery, increasing total daily protein intake.
SOY	High bioavailability, medium-high rate of utilization, and is one of few plant-based complete proteins. It is rarely used due to being a common allergen.	Post-exercise recovery, increasing total daily protein intake.
BROWN RICE	Medium-high bioavailability and a medium rate of absorption. It lacks a sufficient amount of lysine.	Increasing total daily protein intake.
HEMP	High bioavailability and medium rate of absorption. It lacks sufficient amounts of isoleucine, valine, lysine, and phenylalanine.	Increasing total daily protein intake.

OTHER PROTEIN POWDER SOURCES

PROTEIN TYPE	ABOUT	BEST USE
EGG	Egg protein powder has a high bioavailability, moderate rate of utilization, and is a complete protein.	Increasing total daily protein intake.