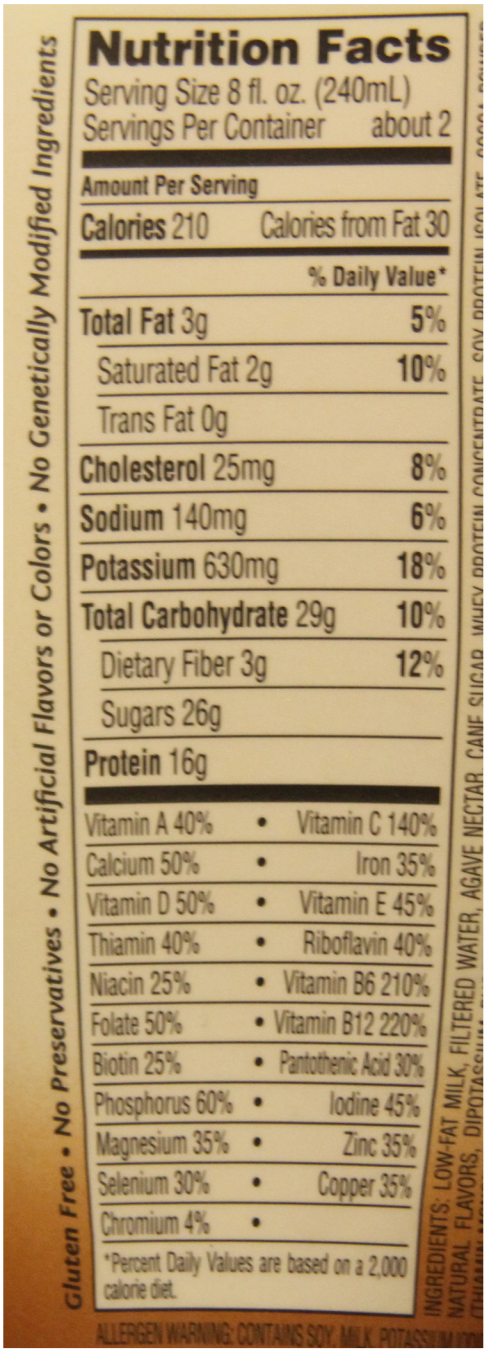
Protein Drink Project for 10 grade Health

1.
In the following 3 pages we have information about 3 common Protein supplement drinks.
Study these a bit. Look at the example bottles that Mr Brown has in class.
Then:

2.
Pick one of the drinks and list all the indegredients and define them in the nutritional and chemical sense. Open a word document and type the list and look up each substance on the internet.

3.
Write a short summary about each drink. As part of this give your opinion as to which one might be best for you and tell why.

4.
Which drink do you think MrBrown likes best? Why?



Nutrition Facts

Serving Size 8 fl. oz. (240mL)
Servings Per Container about 2

Amount Per Serving	
Calories 210	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 140mg	**6%**
Potassium 630mg	**18%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 3g	**12%**
Sugars 26g	
Protein 16g	

Vitamin A 40% •	Vitamin C 140%
Calcium 50% •	Iron 35%
Vitamin D 50% •	Vitamin E 45%
Thiamin 40% •	Riboflavin 40%
Niacin 25% •	Vitamin B6 210%
Folate 50% •	Vitamin B12 220%
Biotin 25% •	Pantothenic Acid 30%
Phosphorus 60% •	Iodine 45%
Magnesium 35% •	Zinc 35%
Selenium 30% •	Copper 35%
Chromium 4% •	

*Percent Daily Values are based on a 2,000 calorie diet.

Gluten Free • No Preservatives • No Artificial Flavors or Colors • No Genetically Modified Ingredients

INGREDIENTS: LOW-FAT MILK, FILTERED WATER, AGAVE NECTAR, CANE SUGAR, WHEY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, COCOA POWDER, NATURAL FLAVORS, DIPOTASSIUM PHOSPHATE, ACACIA GUM, GELLAN GUM, ASCORBIC ACID, CARRAGEENAN, VITAMIN A (PALMITATE), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B3 (NIACINAMIDE), VITAMIN B5 (CALCIUM PENTOTHENATE), VITAMIN B6 (PYRIDOXINE HCL), VITAMIN B7 (BIOTIN), VITAMIN B9 (FOLIC ACID), VITAMIN B12 (CYANOCOBALAMIN), VITAMIN D3 (CHOLECALCIFEROL), VITAMIN E (D-ALPHA TOCOPHERYL), CALCIUM (TRICALCIUM PHOSPHATE), PHOSPHORUS (TRICALCIUM PHOSPHATE, MAGNESIUM PHOSPHATE), MAGNESIUM (MAGNESIUM PHOSPHATE), CHROMIUM (CHROMIUM CHLORIDE), IODINE (POTASSIUM IODIDE), IRON (FERRIC ORTHOPHOSPHATE), ZINC (ZINC OXIDE), COPPER (COPPER GLUCONATE).

Nutrition Facts

Serving Size 11 FL. OZ. (330 ML)
Servings Per Container About 1

Amount Per Serving	
Calories 255	**Fat Calories** 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	**0%**
Cholesterol 20mg	**8%**
Sodium 260mg	**10%**
Potassium 320mg	**10%**
Carbohydrate 32g	**11%**
Dietary Fiber 2g	**8%**
Sugars 12g	
Protein 16g	**35%**

Vitamin A 25% • Vitamin C 25%
Calcium 40% • Iron 2%
Vitamin D 25% • Thiamine 10%
Riboflavin 20% • Niacin 20%
Vitamin E 25%
Biotin 10% • Vitamin B12 25%
Vitamin B6 15% • Folate 25%
Pantothenic Acid 25%
Phosphorus 30% • Iodine 25%
Magnesium 20% • Zinc 25%
Copper 25% • Molybdenum 20%

*Percent Daily Values are based on a 2,000 calorie diet.

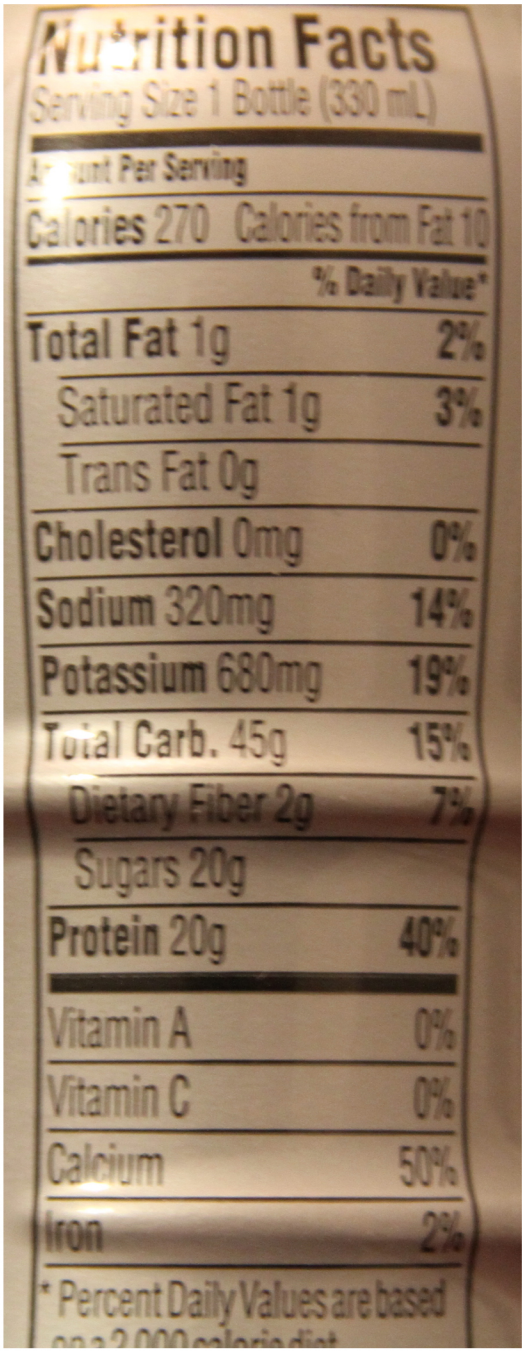
INGREDIENTS: Filtered water, **Orgain Organic Protein Blend** (Organic Whey Protein Concentrate, Organic Grass Fed Milk Protein Concentrate), **Orgain Organic Carbohydrate Blend** (Organic Evaporated Cane Juice, Organic Brown Rice Syrup, Organic Rice Syrup Solids), Organic High Oleic Sunflower Oil, Organic Cocoa Powder, Organic Natural Flavors, Organic Inulin, Organic Guar Gum, Organic Arabic Gum, Xanthan Gum, Organic Rice Bran Extract, Sodium Phosphate, Tricalcium Phosphate, Potassium Citrate, Potassium Chloride, Carrageenan Gum, Sea Salt, Organic Stevia

Orgain Vitamin Blend Tocopherol Acetate, Sodium Ascorbate, Zinc Gluconate, Niacinamide, Calcium Pantothenate, Copper Gluconate, Vitamin A Palmitate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Biotin, Potassium Iodide, Cholecalciferol, Cyanocobalamin, Magnesium Sulfate.

Orgain Organic Veggie Blend (Organic Kale, Organic Beet, Organic Spinach, Organic Carrot, Organic Tomato) 50mg

Orgain Organic Fruit Blend (Organic Blueberry, Organic Banana, Organic Acai, Organic Apple, Organic Raspberry) 50mg

ALLERGEN STATEMENT: Contains Milk



Nutrition Facts

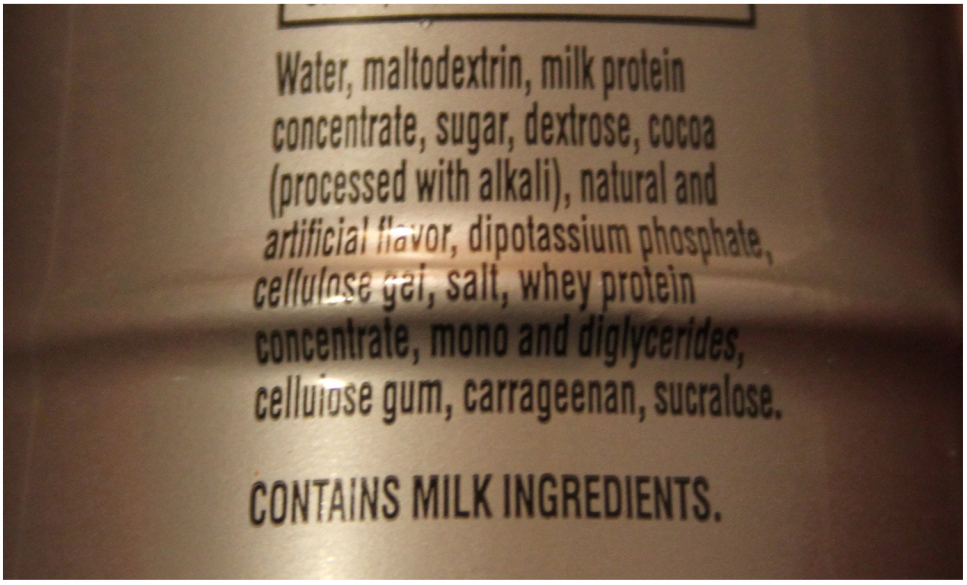
Serving Size 1 Bottle (330 mL)

Amount Per Serving

Calories 270 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Potassium 680mg	19%
Total Carb. 45g	15%
Dietary Fiber 2g	7%
Sugars 20g	
Protein 20g	40%
Vitamin A	0%
Vitamin C	0%
Calcium	50%
Iron	2%

* Percent Daily Values are based



Water, maltodextrin, milk protein concentrate, sugar, dextrose, cocoa (processed with alkali), natural and artificial flavor, dipotassium phosphate, cellulose gel, salt, whey protein concentrate, mono and diglycerides, cellulose gum, carrageenan, sucralose.

CONTAINS MILK INGREDIENTS.