

## Where Can I Find My Protein Supplements After Weight Loss Surgery Surgery?

Name	Kcal-amount per serving	Protein-grams per serving	Type of Protein	Sugar-grams per serving	Availability
<b>EAS AdvantEdge CHO control</b>	100	15	Milk protein concentrate, Calcium caseinate, Whey Protein Isolate	0	<a href="http://www.allstarhealth.com">www.allstarhealth.com</a> GNC
<b>E.A.S. Myoplex Carb Sense Ready to Drink (Fruit flavored)</b>	90 (per 10.5 fluid ounces)	22	Milk protein concentrate, Calcium caseinate, Whey protein isolate	0	AINutritionProducts.com <a href="http://www.EAS.com">www.EAS.com</a> GNC
<b>Bariatric Advantage</b>	140 (per 2 scoops)	27	Whey protein isolate	1	<a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a>
<b>GNC Soy Protein (unflavored/unsweetened)</b>	60 (per 15 grams)	13	Isolate Soy Protein	0	GNC <a href="http://www.gnc.com">www.gnc.com</a>
<b>IDS Whey Isolate</b>	106 (per 28 grams)	23	Hyper Anabolic Whey Isolate	1.5	<a href="http://www.store.bariatriceating.com">www.store.bariatriceating.com</a>
<b>AchievOne Ready to Drink</b>	120 (per 9 ounces)	20	Milk Protein Concentrate	3.5	<a href="http://www.store.bariatriceating.com">www.store.bariatriceating.com</a>
<b>Nectar Protein</b>	90 (per 25 grams)	23	Whey Protein Isolate	0	<a href="http://www.store.bariatriceating.com">www.store.bariatriceating.com</a>
<b>Whey Fruity</b>	105 (per 30 grams)	26	Whey Protein Isolate	0	<a href="http://www.store.bariatriceating.com">www.store.bariatriceating.com</a>
<b>ProPlete</b>	120 (21 grams)	21	Whey Protein Concentrates	3	<a href="http://www.store.bariatriceating.com">www.store.bariatriceating.com</a>
<b>Unjury</b>	90 (per 25 grams)	20	Whey Protein Isolate	2	<a href="http://www.unjury.com">www.unjury.com</a>
<b>Elite</b>	110 (per 29 grams)	23	Whey Protein Isolate	1	<a href="http://www.bariatriceating.com">www.bariatriceating.com</a>
<b>Zero Carb Isopure</b>	100 (per 31 grams)	25	Whey Protein Isolate	0	<a href="http://www.store.bariatriceating.com">www.store.bariatriceating.com</a>
<b>Any Whey Protein</b>	70 (per 20.5 grams)	17	Whey Protein (Isolate, Concentrate & Hydrolysate)	0	<a href="http://www.store.bariatriceating.com">www.store.bariatriceating.com</a>
<b>Procel</b>	110 (per 26 grams)	20	Whey Protein Concentrate & Lecithin	<1	<a href="http://www.globalhp.com">www.globalhp.com</a> GNC
<b>RTD Extreme Smoothies</b>	170 (per 11 fl.oz)	35	Calcium Caseinate	4	<a href="http://www.store.bariatriceating.com">www.store.bariatriceating.com</a>

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<b>Optisource High Protein Drink</b>	200 (per 8 oz)	24	Milk Protein Isolate	0	<a href="http://www.optifast.com">www.optifast.com</a> Walgreens
<b>Revival Soy Shakes</b>	130	20	Soy Protein Blend (Soy Isolate & Soy Concentrate)	0	<a href="http://www.revivalsoy.com">www.revivalsoy.com</a> call 1-800-REVIVAL GNC
<b>Jim's PermaLean Protein</b>	104 (per 26 grams)	20	Whey Protein, Whey Isolate	4.5	<a href="http://www.permalean.com">www.permalean.com</a>
<b>N-R-G Protein Booster</b>	110 (per 28 grams)	21	Isolated Soy Protein, Calcium Caseinate, Sweet Dairy Whey	3	<a href="http://www.allstarhealth.com">www.allstarhealth.com</a>
<b>NUTRABalance</b>	110 (per packet)	17	Whey Protein Isolate	0	<a href="http://www.nutra-balance-products.com">www.nutra-balance-products.com</a>
<b>Chike Nutrition</b>	170 (per 48 gram pkt)	27	Whey Protein Isolate, Whey Protein Concentrate	1	<a href="http://www.chikenutrition.com">www.chikenutrition.com</a>
<b>Jay Robb</b>	110 (per 30 gram scoop)	25	Cold-processed cross-flow microfiltered whey protein isolate	0	<a href="http://www.jayrobb.com">www.jayrobb.com</a>
<b>Atkins Read to Drink Shake</b>	170 (per 11 oz. Can)	20	Calcium Caseinate, Whey Protein Caseinate	2	<a href="http://www.atkins.com">www.atkins.com</a> Grocery Store
<b>Optimum Nutrition 100% Whey</b>	130 (per 32.4 grams)	23	Whey Protein Concentrate, Whey Protein Isolate	1	<a href="http://www.boybuildingforyou.com">www.boybuildingforyou.com</a> GNC
<b>Met-Rx Protein Plus Ready to Drink</b>	100 (per 11 oz)	21	Calcium Caseinate, Milk Protein Concentrate	1	<a href="http://www.drugstore.com">www.drugstore.com</a> GNC
<b>ProBlend</b>	135 (per 35 oz)	27	Whey Protein Concentrate, Whey Isolate Calcium Caseinate,	2	<a href="http://www.nutripeak.com">www.nutripeak.com</a> GNC
<b>Muscle Milk Protein powder</b>	130 1 scoop (34 grams)	26	Calcium and sodium caseinate, whey protein isolate, milk protein isolate	1	<a href="http://www.cytosport.com">www.cytosport.com</a> Costco Grocery stores GNC
<b>Worldwide Pure Protein shake</b>	11 fl oz	35	Protein blend (milk protein concentrate and calcium caseinate)	2	<a href="http://www.spornutrition.com">www.spornutrition.com</a> Trader Joes Commissary GNC

*Note: Collagen-based protein powders (e.g. New Whey "bullet" drink) are incomplete protein products and are generally discouraged and/or should be limited.*

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