

# RATE YOUR WHEY YOURSELF!

*Why depend on websites and online stores to tell you which whey protein to use?  
Why not analyze it yourself? Take this simple test and learn to rate your whey yourself?*

With more and more international brands flooding the Indian market and with the frequent launch of products claiming to be bigger and better, are you geared up to make the right choice? After browsing thousands of websites and magazines, can you tell fact from the myth? Let's mute the hype, let's pull back the curtain of jazzy packaging, let's disregard the tall claims and look at the simple whey protein product in its true form. In a line-up of all whey protein brands on the shelf, the 'Supplement Facts' or the 'Nutrition Facts' on the label is your only ammunition to pick a winner!

A 'Regular Whey' protein, i.e. a blend of whey protein concentrate and whey protein isolate has been the most widely used protein supplement since over two decades and continues to occupy the largest shelf space in supplement stores all over India. Reason : its availability in large economical packs and refreshing variety of flavours catering to the entire spectrum of budgets and tastes. Giving about 75-80% protein, it is rich in all benefits of whey- an unparalleled boost of anabolism post-workout but also adaptable for pre-workout use, highest in branched-chain amino acids (BCAA) and with immune-boosting properties.

To ensure the best boost for your muscle growth, look for a perfect blend of: high protein percentage, higher proportion of whey isolates than concentrates, and a high-quality purification method such as microfiltration or ultrafiltration to preserve all the sub-fractions of whey along with a rich content of BCAA and glutamine.

**Check your 'Supplement Facts' now and check if you picked a winner or a loser!**

- 1. What is the Protein % of your whey?**  
(Calculate this as: Protein per serving (gm) divided by Serving size (gm) x 100)
  - a) 70-75% = 1 point
  - b) 75-80% = 2 point
  - c) 80-85% = 3 point
- 2. How much Protein does it give per 29-30gm scoop (70cc) ?**
  - a) 20-22gm = 1 point
  - b) 23-24gm = 2 point
  - c) 25gm or more = 3 point
- 3. Check the 'Ingredients' list for the type of whey protein:**
  - a) Whey protein concentrate as first source + Whey protein isolate = 1 point
  - b) Whey protein concentrate as first source + Whey isolate and whey peptides = 2 point
  - c) Whey protein isolate as first source + Whey concentrate and whey peptides = 3 point
- 4. What is the BCAA content per 29-30gm scoop (70cc) ?**
  - a) 2-3gm = 1 point
  - b) 4-5gm = 2 point
  - c) 6gm or more = 3 point
- 5. What is the glutamine content per 29-30gm scoop (70cc) ?**
  - a) 1gm or less = 1 point
  - b) 2-3 gm = 2 point
  - c) 4 gm or more = 3 point

**Total Score:**

**5 - 8 points = 2-star Whey \*\***

**9 - 12 points = 3-star Whey \*\*\***

**13 - 15 points = 5-star Whey \*\*\*\*\***

For example, **ULTIMATE NUTRITION** newly launched **PROSTAR 100% WHEY PROTEIN** would be a '5-Star Whey' with a perfect score on all above points. Giving 83% protein (25gm protein per scoop) with whey protein isolates as the first source and supplying 6gm BCAA and 4.2gm glutamine per scoop - it is the perfect addition to a muscle gain or fat loss program for fastest results!

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**GAURI MURTHY, Sports Nutrition Consultant**  
For any queries, please write to [advise@ultimatenutritionindia.com](mailto:advise@ultimatenutritionindia.com)

