

Comparison of Natural Protein Supplements

	Ascent	Ascent	Blonyx	CHIKPRO	Do Vitamins	Naked Nutrition	Naked Nutrition	Naked Nutrition	Naked Nutrition	Old School Labs	PaleoEthics	PaleoPro	Perfect Keto	Primal Kitchen
	Native Fuel Whey	Native Fuel Micellar Casein	Egg White Protein	Chicken Isolate Protein	WonderWhey	Naked Whey	Naked Casein	Naked Egg	Naked Goat	Vintage Brawn	Clean Protein	Paleo Protein Powder	Keto Whey	Primal Fuel
Type	Whey Protein Mix	Micellar Casein	Egg White Protein Isolate	Chicken Isolate Protein	Organic Grass-fed Whey Protein	Grass-fed Whey Protein	Micellar Casein	Egg White Protein	Goat Whey Protein	Whey, Egg White, and Beef Protein	Grass-fed Beef Protein	Grass-fed Beef Protein, Egg White Protein	Grass-fed Whey Protein Isolate	Whey Protein Isolate
Absorption Rate	Fast	Slow	Slow	Slow	Fast	Fast	Slow	Very slow	Fast	Mixed	Intermediate	Intermediate	Fast	Fast
BCAAs per Serving	5.7g	4.9g	4g	4.5g	5.9g	5.9g	5.4g	5.8g	4.6g	4.2g	1.2g	3.4g	3.4g	2.2g
Unflavored Option	●	✗	✗	●	●	●	●	●	●	✗	✗	●	●	✗
Flavored Option	●	●	●	✗	✗	●	●	●	●	●	●	●	●	●
Undesirable Ingredients	Soy Lecithin, Natural Flavors	Natural Flavors	Organic Cane Sugar	None	None	None	None	None	None	Antifoam agent, Natural Flavors	Natural Flavors	None	None	None
Grass-fed	✗	✗	✗	✗	●	●	✗	N/A	●	✗	●	●	●	✗
Lactose-free	✗	✗	●	●	✗	✗	✗	●	✗	✗	●	●	●	✗
Paleo-friendly	✗	✗	●	●	✗	✗	✗	●	✗	✗	●	●	✗	✗
Servings	27	25	20	50	30	76	76	44	30	30	25	15	20	42
Protein per Serving	25g	25g	20g	22g	24g	25g	26g	25g	23g	24g	19g	26g	15g	10g