

PROTEIN POWDER COMPARISON

Installing guardrails to reduce interference and establish stability

DIGESTION + ABSORPTION

WHEY

Fast absorption
Contains lactose
Whole-food matrix

WHEY ISOLATE

Very fast, light
Very low lactose
More refined

BONE BROTH

Slower digestion
Structural protein
No lactose

ORGAN

Moderate digestion
Whole-food matrix
No lactose

MUSCLE + METABOLISM

WHEY

High leucine
Builds muscle
Raises metabolism

WHEY ISOLATE

Same muscle effect
Same metabolism
Cleaner digestion

BONE BROTH

Low leucine
No muscle build
Minimal effect

ORGAN

Moderate support
Maintains muscle
Mild effect

BLOOD SUGAR + HORMONES

WHEY

Strong GLP-1
Increases insulin
Lowers spikes

WHEY ISOLATE

Same response
Same effect
Fast acting

BONE BROTH

Minimal effect
No insulin spike
Neutral

ORGAN

Stable response
No spike
Minimal effect

SATIETY (HUNGER)

WHEY

Strong fullness
Reduces cravings
Fast effect

WHEY ISOLATE

Same effect
Slightly lighter
Quick

BONE BROTH

Mild fullness
Soothing
Gentle

ORGAN

Moderate
Nutrient dense
Sustained

THERMIC EFFECT

WHEY

High
Burns more
during digestion

WHEY ISOLATE

High
Same effect
Efficient

BONE BROTH

Low
Minimal burn
Light

ORGAN

Moderate
Some burn
Steady

GUT SUPPORT

WHEY

Indirect support
Contains
glutamine
May irritate

WHEY ISOLATE

Same support
Easier digestion
Lower irritation

BONE BROTH

Repairs lining
Collagen support
Gut soothing

ORGAN

Nutrient support
Immune support
Gut resilience

BEST FOR

WHEY METABOLIC

Appetite control
Blood sugar

WHEY ISOLATE METABOLIC

Cleaner option
Easy digestion
Lactose
intolerance

BONE BROTH STRUCTURAL

Structural repair
Gut + skin
Healing

ORGAN NUTRITION

Nutrient dense
Vitamins/minerals
Long-term health

WHAT TO LOOK FOR

Minimal ingredients
→ ideally just protein (e.g., whey) and
nothing else
No added sugars or artificial sweeteners
→ avoid sucralose, aspartame,
maltodextrin
Third-party tested
→ look for NSF, Informed Choice, or
similar certifications
Grass-fed / pasture-raised (for whey)
→ higher quality sourcing

WHAT TO AVOID:

Long ingredient lists
“Proprietary blends” (you don’t know what’s
in it)
Added gums, fillers, or thickeners (can
irritate digestion)
Heavy metals (choose brands that test for
contaminants)

SIMPLE RULE

If it reads like a food, it’s probably a good
choice.
If it reads like a chemistry label, skip it.