

Functional Nutrition



Vida Integrated Health's Protein Powder Guide:

How to Choose a High-Quality Protein Powder



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How Much Protein Powder Should You Take?

Target: 20–30g protein per serving
Should be at least 70% protein by weight (meaning less fillers)

Protein Type & Digestibility (PDCAAS)

PDCAAS ranks protein quality on how well the body digests and uses it.
Score range: 0 to 1.0 (1.0 = highest quality)



Combine plant proteins (e.g., pea + rice) to improve PDCAAS.



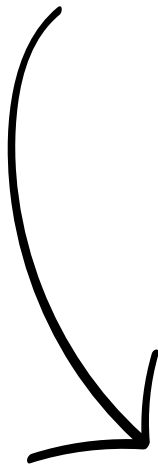
Protein	PDCAAS Score
Whey (isolate/concentrate)	1.0
Egg white	1.0
Soy protein	1.0
Pea protein	0.89–0.93
Beef isolate	~0.92
Rice protein	~0.50–0.70
Hemp protein	~0.60–0.66

Ingredient Quality Matters



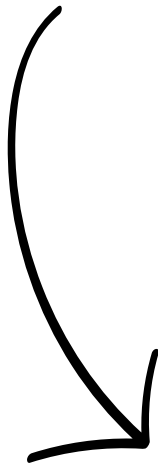
Ingredient Quality

Choose: Organic, non-GMO, no artificial sweeteners or colors



Better Sweeteners to Look For

Stevia, monk fruit, or unsweetened



Third Party Testing

Look for NSF Certified for Sport, Informed Choice, or USP Verified

Ingredients to Avoid

ARTIFICIAL SWEETENERS

Example: Sucralose, aspartame

SUGAR ALCOHOLS

Example: erythritol, xylitol

GUMS AND FILLERS

Example: xanthan, guar

NATURAL FLAVORS

Without transparency

5-7+ CARBS PER SCOOP

More than 5–7g carbs per scoop
(unless it's a meal replacement)

Protein Powder FAQ'S



What Does “Isolate” Mean?

- Isolate = the most purified form of protein
- Contains 90%+ protein by weight
- Easier to digest and absorb compared to concentrate or blend

Who is Isolate Ideal for?

- People with dairy sensitivity (in the case of whey isolate)
- Lean muscle goals
- Reducing bloating

Why Can Protein Powders Cause Bloating?

- Lactose intolerance (whey concentrate > isolate)
- Thickeners (gums, dextrins)
- Artificial or sugar alcohol sweeteners
- Too much at once
- Low enzyme activity

Best Protein for Dairy/Whey Intolerance

Pea Protein

Hypoallergenic. Often blended with rice protein for full amino acid profile.

Beef Protein Isolate

Good for dairy-free, high bioavailability. Choose grass-fed.

Egg White Protein

Complete, highly digestible, and low allergenic.

Hemp Protein

Includes omega-3s and fiber but lower protein per gram.

Pumpkin Seed Protein

Nutrient-rich and well-tolerated in blends.

Top Recommended Protein Powders

Jacqui Lombardi, MS, CNS, LDN



Thorne Whey Protein Isolate

Type: Whey isolate

Why: NSF certified, clean, well- tolerated

Ascent Native Fuel Whey

Type: Whey isolate

Why: Informed sport, high leucine



Nuzest Clean Lean

Type: Pea Protein

Why: Very clean label, no gums, stevia-sweetened

Sprout Living Epic Protein

Type: Plant Blend

Why: Organic, no added sugars or gums



Equip Prime Protein

Type: Beef isolate

Why: Just beef, cocoa, stevia -very simple



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