

PROTEIN SOURCES At a GLANCE

Protein	Details	Best Time	Pros	Cons
Whey	Whey is a dairy food (whey and casein are divided). Whey in isolate form is most often promoted.	Immediately pre or post exercise	Rapidly absorbed to be used by muscle, most studies (on men) show use of protein in supplementation	Inflammatory, spike in blood sugar when consumed at times other than around exercise, Flipping50 does not recommend
Casein	A dairy product.	Bedtime.	Slowly digested so does not spike blood sugar.	Inflammatory
Soy	A soy product readily available.	Any	Source of plant-based protein.	Soy is an estrogenic, obesogenic, and goitrogenic that combined can cause weight gain, menopause symptoms by disrupting endocrine function.
Egg	Powdered egg form of protein.	Any	One of the purest forms of protein with high quality essential amino acid profile	A high food sensitivity for many.
Pea (Flipping50 Plant Power)	A plant-based source.	Any	Complete protein that helps stabilize blood sugar levels.	Works best complimented by nuts/seeds high in the EAA that pea is lower in. No tolerated by all, best not taken daily.
Hydrobeef (Flipping50 Paleo Power)	Animal protein void of dairy, soy, egg (food sensitivities).	Any	Animal protein may not be an option for plant-based.	Complete animal protein with high

				collagen (for hair skin nails)
Pumpkin	A plant-based source.	Any.	Non-inflammatory for most, easily tolerated. Complete protein.	Hard to find. Lower overall protein content per serving. Few studies about muscle protein synthesis.
Brown rice	Plant-based source not used solo but often an added ingredient.	Around exercise would be best	Cheap (I don't see this as a real pro, honestly).	Poor quality, not complete, and high carb. Used often in filler to reduce price.
Hemp Hearts/Seeds	Complete plant-based protein not used solo but as an added ingredient.	Any.	Healthy fat and protein for easy addition to boost protein in combination with other protein sources.	Protein digestibility is equal to or greater than some grains, nuts, seeds: but not exchangeable with animal protein or other complete plant sources.