

| Sample ID  | Submitter         | Brand              | Product                              | Solubility (1-5) | Serving Size | Protein per Serv | Read #1 | Read #2 | Read #3 | Claimed % Protein | Measured % Protein | Measured/Claimed | Am I concerned with this brand? |
|--|-------------------|--------------------|--------------------------------------|------------------|--------------|------------------|---------|---------|---------|-------------------|--------------------|------------------|---------------------------------|
| 3  | PhysicistJedi     | Optimum Nutrition  | Performance Whey                     | 3                | 39           | 22               | 52.76   | 49.07   | 51.7    | 56.41             | 51.18              | 0.91             | No                              |
| 13   | bad_at_photoshop  | MyProtein          | Impact Whey                          | 4                | 25           | 18               | 65.94   | 64.36   | 63.83   | 72                | 64.71              | 0.9              | No                              |
| 17   | BestOfRUA         | Isopure            | Low carb                             | 4                | 64           | 42               | 58.03   | 56.98   | 60.67   | 65.63             | 58.56              | 0.89             | No                              |
| 38   | glttchgy          | Optimum Nutrition  | Gold Standard 100% Whey              | 4                | 33           | 24               | 63.31   | 64.89   | 63.31   | 72.73             | 63.83              | 0.88             | No                              |
| 39   | PhysicistJedi     | Nutraceuticals     | Fighter's Food                       | 4                | 72           | 25               | 29.03   | 30.61   | 29.03   | 34.72             | 29.56              | 0.85             | No                              |
| 5  | DTRunsThis        | Metabolic Diet     | Myosin Protein                       | 3                | 38           | 30               | 66.47   | 60.14   | 63.83   | 78.95             | 63.48              | 0.8              | No                              |
| 12   | Turticus          | Optimum Nutrition  | Platinum Hydrowhey                   | 4                | 39           | 30               | 62.76   | 61.72   | 60.14   | 76.92             | 61.55              | 0.8              | No                              |
| 2  | PhysicistJedi     | NOW                | 100% Whey Protein Isolate            | 5                | 28           | 25               | 69.11   | 73.85   | 69.63   | 89.29             | 70.86              | 0.79             | No                              |
| 15   | Shannegans        | Pure Protein       | 100% Whey                            | 3                | 33           | 23               | 50.65   | 52.76   | 59.61   | 69.7              | 54.34              | 0.78             | No                              |
| 20   | snadnsidrs        | Janow Formulas     | Whey Protein                         | 5                | 23           | 18               | 58.56   | 60.67   | 63.31   | 78.26             | 60.84              | 0.78             | No                              |
| 27   | NerdMachine       | Kaizen             | 100% Whey Isolate                    | 5                | 41           | 35               | 64.89   | 66.47   | 67.52   | 85.37             | 66.29              | 0.78             | No                              |
| 16   | Shannegans        | Six Star           | Whey Isolate                         | 4                | 38           | 30               | 61.2    | 58.03   | 63.31   | 78.95             | 60.84              | 0.77             | No                              |
| 1  | PhysicistJedi     | MusclePharm        | Combat Powder                        | 5                | 33.6         | 25               | 57.5    | 56.45   | 54.34   | 74.4              | 56.1               | 0.75             | No                              |
| 11   | smoothead         | EAS                | 100% whey                            | 4                | 30           | 23               | 57.5    | 54.87   | 59.61   | 76.67             | 57.33              | 0.75             | No                              |
| 25   | MegamannE         | Trader Joe's       | Trader Darwin's Whey                 | 4                | 32           | 17               | 38.52   | 40.63   | 35.88   | 53.13             | 38.35              | 0.72             | No                              |
| 18   | SlipperyRoo       | Gaspari Nutrition  | Myofusion                            | 3                | 36           | 25               | 36.88   | 36.94   | 39.58   | 69.44             | 37.47              | 0.54             | Maybe                           |
| 7  | laxkab17          | Body Fortress      | Whey Protein                         | 4                | 34           | 26               | 41.68   | 38.52   | 42.21   | 76.47             | 40.81              | 0.53             | Maybe                           |
| 37   | MegaJyKill        | American Pure Whey | Casein                               | 4                | 33           | 26               | 11.63   | 11.63   | 11.1    | 78.79             | 11.45              | 0.15             | Yes                             |
| 36   | MegaJyKill        | American Pure Whey | Whey Blend                           | 5                | 33           | 29               | 0.55    | 0.55    | 0.55    | 87.88             | 0.55               | 0.01             | Yes                             |
| <b>Discussion:</b> <a href="http://www.reddit.com/r/Fitness/comments/u">http://www.reddit.com/r/Fitness/comments/u</a> |                   |                    |                                      |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| <b>Samples with very low solubility</b>  |                   |                    |                                      |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 35   | DCheezburger      | NutriBolic         | Rice Protein                         | 2                | 15           | 12               | 6.35    | 5.3     | 5.3     | 80                | 5.65               | 0.07             | No idea                         |
| 26   | DCheezburger      | Trader Joe's       | Organic Hemp Protein                 | 1                | 30           | 9                | 2.14    | 0.65    | 2.14    | 30                | 1.61               | 0.05             | No idea                         |
| 33   | SlipperyRoo       | Vega               | Complete Whole Food Health Optimizer | 1                | 69           | 26               | 13.21   | 10.57   | 13.74   | 37.68             | 12.51              | 0.33             | No idea                         |
| 34   | DCheezburger      | Nutiva             | Organic Hemp Protein                 | 1                | 30           | 11               | 6.35    | 8.99    | 7.41    | 38.67             | 7.58               | 0.21             | No idea                         |
| <b>Samples I didn't receive (no bad karma please, it might be the postal office)</b>                                   |                   |                    |                                      |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 4  | Strikerjones      | True Nutrition     | Whey protein concentrate             |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 6  | YourACoolGuy      | Optimum Nutrition  | Gold Standard 100% Whey              |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 8  | verk              | CyloSport          | 100% Whey Protein                    |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 9  | sd55              | Muscle Milk        | 100% Whey Protein                    |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 10   | grons71           | BSN                | Syntha-6                             |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 14   | InnerManRaptor    | GNC                | Amplified WheyBolic Extreme 60       |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 19   | runner263         | Vega               | Performance Protein                  |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 21   | communistfriend   | Sui Warrior        | Rice Protein                         |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 22   | communistfriend   | NutriBolic         | Rice Protein                         |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 23   | Disco_infiltrator | Garden of Life     | Raw Protein                          |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 24   | Stalked_Like_Corn | Unjury             | Protein Powder                       |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 28   | PittRyan263       | True Nutrition     | micellar casein                      |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 29   | SkyZero           | Dymatize Elite     | Whey Protein Isolate                 |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 30   | slipperyfat       | Nature             | soy protein                          |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 31   | vegetarianBLTG    | NOW                | Pea Protein                          |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| 32   | Nyxian            | True Nutrition     | Isolate Cold-Filtration              |                  |              |                  |         |         |         |                   |                    |                  |                                 |
| <b>Bitcoin donations are welcome:</b> 14Gy12jvWg43t56ckFLVayBNz8frwgwzX  |                   |                    |                                      |                  |              |                  |         |         |         |                   |                    |                  |                                 |