



Barwis Methods

Gatorade

Gatorade

EAS

Gaspari
Nutrition

SciVation

Cellucor

BSN

Optimum
Nutrition

Bodybuilding.
com

**PRO Post
Recovery**

Protein Drnk

**Post Game
Recovery**

**Myoplex
Original**

Aminolast

Xtend

**Core Perfor-
mance BCAA**

Syntha-6

**Gold Standard
Whey**

**Animo
Recovery**

Powder

Ready -to-drink

Ready-to-drink

Powder

Powder

Powder

Powder

Powder

Powder

Powder

Calories

340

270

120

300

10

0

0

200

120

10

Total Fat

1g

1g

1g

6g

0g

0g

0g

6g

1.5g

0mg

Cholesterol

50mg

60mg

40mg

Sodium

320mg

230mg

250mg

170mg

130mg

Potassium

680mg

70mg

190mg

Total
Carbohydrate

42g

45g

4g

21g

0g

0g

0g

14g

3g

2g

Protein

40g

20g

16g

42g

2g

0g

0g

22g

24g

0g

Sugar

20g

13g

2g

2g

Dietary Fiber

2g

Creatine
Monohydrate

2500mg

0g

0mg

10mg

0g

0mg

L-Arginine

2000mg

0mg

16mg

0mg

0mg

0mg

L-Aspartic Acid

4000mg

0mg

644mg

0mg

0mg

0mg

L-Glutamine

5000mg

0mg

226mg

2500mg

0mg

3000mg

L-Glycine

500mg

0mg

18mg

0mg

0mg

0mg

L-Isoleucine

1250mg

0mg

1326mg

1750g

1250mg

2000mg

L-Leucine

3500mg

0mg

3428mg

3500mg

2500mg

4000mg

L-Lysine

2900mg

0mg

104mg

0mg

0mg

0mg

L-Ornithine

1000mg

0mg

498mg

0mg

0mg

0mg

L-Phenylala-
nine

750mg

0mg

34mg

0mg

0mg

0mg

L-Proline

2400mg

0mg

70mg

0mg

0mg

0mg

L-Taurine

2000mg

0mg

2000mg

0mg

0mg

0mg

L-Tyrosine

1000mg

0mg

32mg

0mg

0mg

0mg



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L-Valine

1250mg

0mg

1316mg

1750mg

1250mg

0mg

Calcium

50%DV

Iron

2%DV

Water

?

Maltodextrin

?

Milk Protein
Concentrate

?

Whey Protein
Concentrate

?

Cocoa (pro-
cessed w/Al-
kali)

?

Sugar

?

Dextrose

?

Natural and
Artificial Flavor

?

Dipotassium
Phosphate

?

Cellulose Gel

?

Salt

?

Mono and
Diglycerides

?

Cellulose Gum

?

Carrageenan

?

Sucralose

?