

# IS YOUR PROTEIN POWDER

IRRITATING YOUR GUT?

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## WHAT TO AVOID WHEN CHOOSING YOUR PROTEIN POWDER

1

*Artificial Sweeteners/Dextrin*

Sucrose, Splenda, Aspartame, Stevia in the Raw, Dextrose

2

*Xanthan Gum*

3

*Vegetable Oils & Fats*

4

*Whey Protein Concentrate  
/Casein/Skim Milk Powder/ Milk  
Solids*