

# Protein supplements

Product	Description	Grams of Protein
Muscle Milk whey protein shot	Ounce container of fruit flavored liquid	26 grams per shot
Body Fortress Super Protein Shot	2.9 ounces container of fruit flavored liquid	26 grams per shot
New Whey Liquid Protein	3.8 ounce container of fruit flavored liquid	42 grams per shot
EAS Recovery Protein	Powder	10 grams per scoop
EAS Soy Protein	Powder	20 grams per scoop
EAS "Lean 15"	Powder	7.5 grams per scoop
Pure Protein Whey Protein	Powder	25 grams per scoop
Body Fortress Whey Protein	Powder	26 grams per scoop
Atkins Advantage	Liquid Shake	15 grams per shake
Muscle Milk Shake	Liquid Shake	20 grams per shake
EAS Myoplex Lite	Liquid Shake	20 grams per shake
Muscle Milk Light	Liquid Shake	15 grams per shake
EAS AdvantEDGE	Liquid Shake	17 grams per shake