

PROTEIN POWDER

WHEY PROTEIN

P

PURE PROTEIN

- 25 g of protein
- Comes in chocolate and vanilla flavours



Premier Protein

Premier Protein

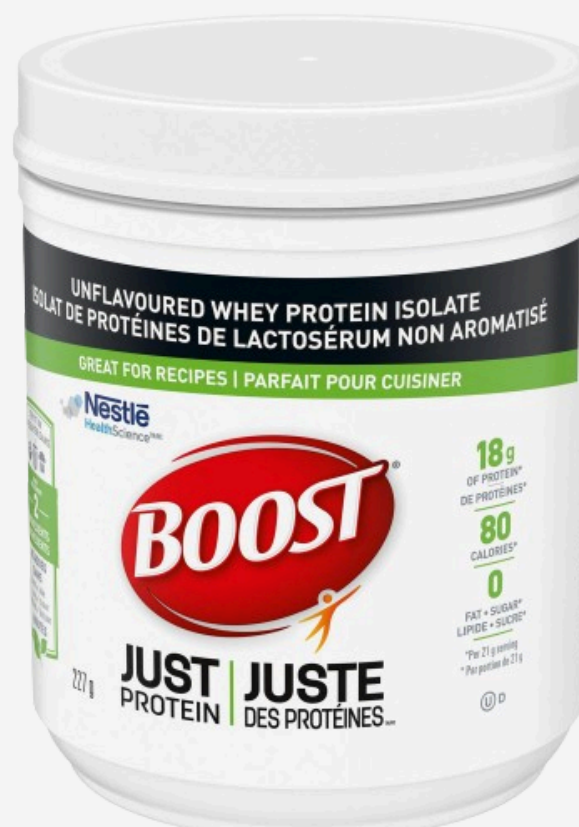
- 30 g of protein
- Comes in chocolate and vanilla flavours



BOOST

Just Protein

- 18 g of protein
- Unflavoured



Q: Do I need to use protein powder?

A: If you do not eat enough protein-rich foods (such as meat, poultry, seafood, eggs, nuts/seeds, legumes [beans, peas, and lentils] or dairy products), you may benefit from using a protein powder as an easy way to meet your protein needs.

You can add protein powder to most liquids, such as milkshakes, smoothies, yogurt, pudding, soup and hot cereal

PROTEIN POWDER

PLANT-BASED PROTEIN

vega

Vega Protein

- 15 g of protein
- Comes in vanilla, dark chocolate, caramel toffee, and strawberry banana flavours



leanfit

LEANFIT Protein

- 20-21 g of protein
- Comes unsweetened or in vanilla, chocolate, berry, and mocha flavours
- Organic variant ingredients: organic pea, rice powder, chia seed powder, flax seed powder, organic hemp powder

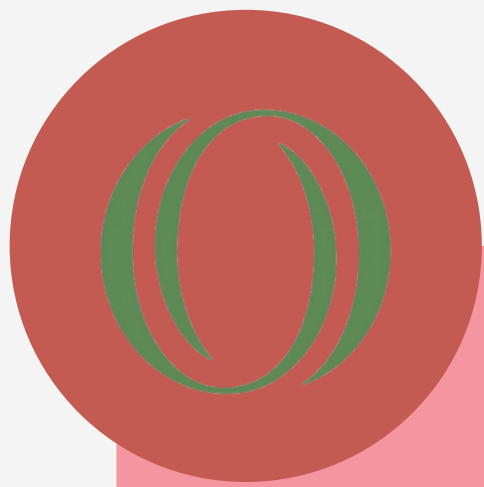


“Choose a powder with few added ingredients such as flavours, sweeteners, and extracts. Some protein powders contain added vitamins, minerals, and herbal products. Discuss with your medical team whether these types of powders are right for you during treatment.”

- BC Cancer, Nourishing Liquids

PROTEIN POWDER

BONE-BROTH PROTEIN



ORGANIKA

- 14 g of protein
- Comes in beef, chicken, and veggie flavours



LEANFIT Protein

- 15 g of protein
- Comes in beef flavour



Bone Brewhouse

- 15 g of protein
- Chicken broth comes in plain, lemon ginger, thai coconut, and ginger beet flavours



Please speak with your medical team if you would like to use a soy protein powder