

Quest for the Best - Protein Water

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
<b>Cocotein Coconut Water Protein Drink - Original Flavor</b>	<b>10</b> Wow! I'm not normally a huge fan of coconut water (or coconut flavored things in general, unless I'm somewhere tropical) but they did a great job with this. Be warned though - the coconut flavor is pretty strong. I don't get any of the usual protein aftertaste with this one.	<b>10</b> Unlike several of the other brands, this one doesn't leave my mouth feeling dry after taking a drink.	<i>Per 16 oz bottle:</i> 100 cals 20 g protein 0 g fat 5 g carbs (5 g sugar)	Water, Whey Protein Isolate, Coconut Water Concentrate, Natural Flavor, Phosphoric Acid, Sucralose, Red 40	<i>3 flavors:</i> Fruit Punch, Original Tropical Punch	\$39.99 / 12 pack = \$3.33 per bottle	The Cocotein line is made by Isopure. The flavor is great if you're into coconut, but fair warning about the ingredients list - it includes sucralose and red 40.	
<b>Trimino Protein Infused Water</b>	<b>Strawberry Lemonade (7.5):</b> This flavor hits you with the tangy lemon flavor at first, then ends on a sweet note. It still has a bit of an aftertaste (and a smell!), but it's definitely manageable.  <b>Coconut Pineapple (10):</b> They really nailed it with this flavor - I don't think I would have known the difference between this and a regular flavored water.	<b>9</b> Because of the lower protein content in this water, it didn't give me that weird dry mouth feeling that some other brands gave me.	<i>Per 15oz bottle:</i> 28 cals 7 g protein 0 g fat 0 g carbs	Purified Water, Whey Protein Isolate, Phosphoric Acid, Malic Acid, Natural Coconut Pineapple Flavor Wonf, Acesulfame Potassium, Pantothenic Acid B5, Niacinimide B3, Sucralose, Pyridoxine HCl B6, Cyanocobalamin B12	<i>7 flavors:</i> Citrus, Coconut Pineapple, Mixed Berry, Orchard, Peach, Raspberry Limeade, Strawberry Lemonade	\$24.99 / 12 pack = \$2.08 per bottle	I like that there aren't any artificial colors used in this brand. You get less protein per bottle, but the taste/texture are more normal and I would actually buy them again.	
<b>Premier Protein Clear Protein Drink - Orange Mango</b>	<b>9.5</b> Strong orange mango flavor and no detectable aftertaste. My only complaint would be that it borders on the edge of too sweet for me.	<b>8.5</b> Sucks some moisture out of my mouth, but not bad.	<i>Per 16.9oz bottle:</i> 90 cals 20 g protein 0 g fat 1 g carbs	Filtered Water, Whey Protein Isolate, Natural Flavors, Salt, Sucralose, Yellow 6, Yellow 5, Phosphoric Acid.	<i>4 flavors:</i> Orange Mango, Peach, Raspberry, Tropical Punch	\$7.99 / 4 pack = \$2.00 per bottle	You can find these at Target and Walmart.	
<b>Dymatize ISO100 Protein Drink</b>	<b>Blue Raspberry (7):</b> If you don't like overly tangy blue raspberry, this one might be for you. I think the slight sweetness of this one makes it fade out to the protein aftertaste more quickly.  <b>Grape (9):</b> Pretty solid grape flavor with more sweetness than I would expect. Not much aftertaste with this flavor.  <b>Fruit Punch (9):</b> I'm not a big fan of fruit punch flavored things, but they did this well from what I can tell. Not overly sour or sweet and really no aftertaste.	<b>8</b> Gives me a bit of that dry-mouth feeling and some phlegm in the back of my throat, but otherwise, nice and watery.	<i>Per 20oz bottle:</i> 170 cals 40 g protein 0 g fat <1 g carbs (0 g sugar)	Water, Whey Protein Isolate, Natural And Artificial Flavors, Salt, Sucralose, Phosphoric Acid, Acesulfame Potassium, FD&C Blue 1	<i>3 flavors:</i> Blue Raspberry, Grape, Fruit Punch	\$39.99 / 12 pack = \$3.33 per bottle	These are pretty solid in terms of taste, but I don't love the ingredients list.	

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<b>Optimum Nutrition Protein Water - Icy Blue Raspberry</b>	<b>7.5</b> It hits you with that classic blue raspberry candy flavor and tang, but then fades out to that same aftertaste that several other protein waters suffer from.	<b>9</b> ON did a good job with preventing that "suck the moisture out of your mouth" effect with this one. You still get it a slight bit, but not badly.	<i>Per 16oz bottle:</i> 90 cals 20 g protein 0 g fat 2 g carbs	Water; Whey Protein Isolate; Malic Acid; Phosphoric Acid; Natural and Artificial Flavor; Potassium Sorbate and Potassium Benzoate (as Preservatives); Sucralose; Acesulfame Potassium; Blue 1	<i>2 flavors:</i> Icy Blue Raspberry Tropical Fruit Punch	\$35.88 / 12 pack = \$2.99 per bottle	Similar to some other options, this one is pretty solid in terms of taste, but I don't love the ingredients list.	
<b>Ready Nutrition Protein Infused Water</b>	<b>Black Cherry (8):</b> You can really smell the black cherry flavor and it comes through pretty well in the drink. It also works to cover up the protein aftertaste really well.  <b>Blueberry (5):</b> Not much to speak of in terms of blueberry flavor. All I really got was some tanginess and that protein aftertaste.  <b>Cotton Candy Grape (6):</b> As you might expect, this one is seriously sweet. It really does have some cotton candy flavor and the sweetness almost masks the protein aftertaste.  <b>Lemon Ice (6.5):</b> The lemon flavor is a little watered down, but it maintains a tanginess throughout. The lemon does fade into a protein aftertaste though.  <b>Orange Mango (8):</b> Flavor comes through really well here, but I wouldn't have guessed it was orange mango...just something tropical and tempered with sweetness.  <b>Pink Grapefruit (7.5):</b> If you like grapefruit flavored things, this one is solid. Tangy but sweet (and I think I detected some floral notes?), it maintains its flavor with barely any aftertaste.	<b>8</b> Similar to Dymatize, this one gives me a bit of that dry-mouth feeling and some phlegm in the back of my throat, but otherwise, nice and watery.	<i>Per 16.9 oz bottle:</i> 70 cals 15 g protein 0 g fat 1 g carbs (0 g fiber, 0 g sugar)	Filtered Water, Whey Protein Isolate, Citric Acid, Natural Flavors, Stevia Extract, Fruit and Vegetable Juice (Color)	<i>6 flavors:</i> Black Cherry, Blueberry, Cotton Candy Grape, Lemon Ice, Orange Mango, Pink Grapefruit	\$14.99 / 6 pack = \$2.50 per bottle	You can buy a variety pack with all 6 flavors from Amazon for \$15 or you can buy a 12 pack of your favorite flavor for \$24.	



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<b>Neuro Protein Lifestyle Beverage - Watermelon Mint</b>	7 I'm not sure if I'm just not a big fan of this particular flavor, but it seems a little weak to me. On the plus side, there's really no aftertaste that I noticed.	9 Similar to Trimino, this drink has a lower protein content, so they likely have an easier time with avoiding the dry-mouth effect.	<i>Per 14.5 oz bottle:</i> 50 cals 10 g protein 0 g fat 2 g carbs (5 g fiber, 2 g sugar)	Reverse Osmosis Filtered Water, Collagen Peptides (Fish), Resistant Maltodextrin (Fibersol-2 Fiber), Organic Cane Sugar, Natural Flavors, Citric Acid, Malic Acid, Sucralose, Aloe Vera Inner Leaf Gel, Sodium Benzoate & Potassium Sorbate (to Preserve Freshness), Ascorbic Acid, Zinc Gluconate, Bamboo Extract (Silica), Selenium Amino Acid Chelate, Biotin, Ergocalciferol.	2 flavors: Cherry Vanilla Watermelon Mint	\$9.95 / 12 pack = \$0.83 per bottle	No, I didn't make a typo on the nutrition info...maybe the company did?!? It really does say each bottle has only 2 grams of carbs, but there are 5 grams of fiber AND 2 grams of sugar per bottle.	
<b>Protein2O Protein Infused Water - Mixed Berry</b>	7 The berry flavor is nice, not overpowering. It reminds me of Vitamin Water until you get to the aftertaste - it's hard to describe what the aftertaste is like. It's not bad per se, but don't expect to think you're drinking a typical sports drink.	8 Very watery, as one would expect. I took points off because it left my mouth feeling like the moisture got sucked out of it a little bit. Odd.	<i>Per 16.9oz bottle:</i> 60 cals 15 g protein 0 g fat 0 g carbs	Water, Whey Protein Isolate (Milk), Natural Flavors, Calcium Citrate, Sucralose, Red 40, Blue 1.	11 flavors: Acai Blueberry Pomegranate, Classic Lemonade, Dragonfruit Blackberry, Harvest Grape, Kawaiola Coconut, Mixed Berry, Peach Mango, Tropical Coconut, Wild Cherry	\$23.99 / 12 pack = \$2.00 per bottle	I'm personally not a huge fan of the fact that they use Sucralose and artificial colors in this drink.  Make sure you pay attention when you buy this brand - they have some flavors that have 15g protein per bottle and some others that only have 10g per bottle.	
<b>biPro Protein Water</b>	<b>Berry Burst (5):</b> I don't get much berry flavor, just some tangy sweetness and a protein aftertaste.  <b>Lemon (5):</b> The lemon taste isn't bad but it immediately fades into an oddly sweet protein aftertaste.  <b>Orange (6):</b> Pretty orangey flavor up front but then the odd aftertaste hits you.	8 Gives me a bit of that dry-mouth feeling and some phlegm in the back of my throat.	<i>Per 16.9 oz bottle:</i> 90 cals 20 g protein, 0 g fat 0 g carbs (0 g sugar)	Water, Whey Protein Isolate (Milk), Phosphoric Acid, Natural Berry Flavor and Stevia Extract.	3 Flavors: Berry, Lemon, Orange (with caffeine)	\$35.99 / 12 pack = \$3.00 per bottle	You may be able to find this brand cheaper on their own website than on Amazon.	
<b>ISOPURE Zero Carb Protein Drink</b>	<b>Blue Raspberry (6):</b> Part of my issue with the flavor of this one is the smell...it's almost like bad morning breath. Once you get past the smell, the initial taste is fine - not overly sweet, and a little tangy...but then the aftertaste hits.  <b>Grape Frost (5):</b> I really didn't get much grape flavor, what I could really taste was a bit of sweetness with the whey aftertaste.	6 Again, very watery as you would expect. But this one leaves my mouth feeling sucked dry of moisture and phlegmy on my tongue and throat.	<i>Per 20oz bottle:</i> 160 cals 40 g protein 0 g fat 0 g carbs	Filtered water, ion exchange whey (milk) protein isolate, natural and artificial flavors, sucralose, phosphoric acid, polysorbate 80, FD&C blue 1	10 flavors: Alpine Punch, Apple Melon, Blue Raspberry, Coconut, Grape Frost, Icy Orange, Lemonade, Mango Peach, Passion Fruit, Pineapple Orange Banana	\$29.99 / 12 pack = \$2.50 per bottle	This drink is all protein but I won't be buying it again. The taste is not great and I just don't enjoy drinking it. Plus I'd rather avoid the sucralose and artificial coloring.	

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