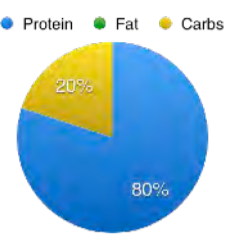


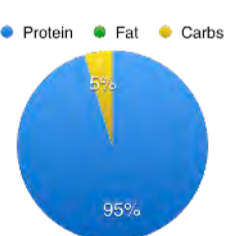
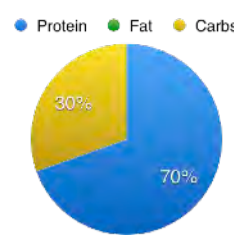
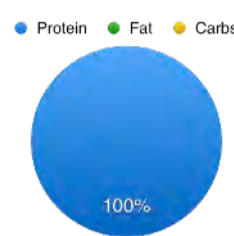
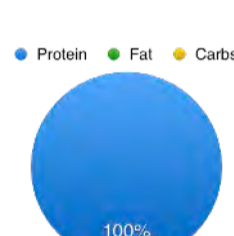
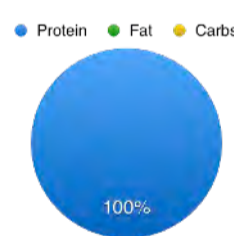
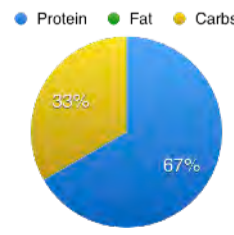


Quest for the Best - Protein Water

	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>ProBalance Original Protein Water - Blue Raspberry</b>	<b>9.5</b> You definitely get that blue raspberry flavor but without the typical twinge of sour tanginess. I only noticed the slightest aftertaste.	<b>10</b> Didn't suck the moisture out of my mouth like a lot of other brands.	<i>Per 16.9oz bottle:</i> 70 cals 15 g protein 0 g fat <1 g carbs (0 g fiber, 0 g sugar)	Purified Water, Hydromaxx Protein Blend (Collagen Peptides, Whey, Protein Casein) Citric Acid, Less than 0.5% of : Natural Flavors, Potassium Citrate, Calcium Citrate, Stevia Extract, Monk Fruit Extract, Calcium Gluconate Lactate, Magnesium Chloride, Eleutherococcus Senticosus Extract, Magnesium Citrate, Sodium Chloride Ascorbic Acid, Vitamin D3, Cayenne Extract, Royal Jelly Extract, Bee Propolis Extract, Pyridoxine Hydrochloride Cyanocobalamin	<i>5 flavors:</i> Blue Raspberry, Fruit Punch, Mango Citrus, Tropical Coconut, Wild Cherry Lime	\$39.99 / 16 bottles = \$2.50 per bottle	I found this one at my local grocery store (HEB).	
<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.	

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
<b><u>Dymatize ISO100 Protein Drink</u></b>	<p><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.</p> <p><b>Grape (9):</b> Pretty solid grape flavor with more sweetness than I would expect. Not much aftertaste with this flavor.</p> <p><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.</p>	<p><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.</p>	<p><i>Per 20oz bottle:</i> 170 cals 40 g protein 0 g fat &lt;1 g carbs (0 g sugar)</p>	<p>Water, Whey Protein Isolate, Natural And Artificial Flavors, Salt, Sucralose, Phosphoric Acid, Acesulfame Potassium, FD&amp;C Blue 1</p>	<p><i>3 flavors:</i> Blue Raspberry, Grape, Fruit Punch</p>	<p>\$39.99 / 12 pack = \$3.33 per bottle</p>	<p>These are pretty solid in terms of taste, but I don't love the ingredients list.</p>	<p>Legend: Protein (blue), Fat (green), Carbs (yellow)</p> <p>100%</p>
<b><u>Fizzique Sparkling Protein Water</u></b>	<p><b>Strawberry Watermelon (7.5)</b> The flavor starts off pretty tangy but there's a hint of watermelon. There's just enough sweetness but not really any strawberry flavor and it ends with a whey aftertaste.</p> <p><b>Tropical Limon (8)</b> Good lemon lime flavor with some nice sweetness at the end and only a tiny bit of whey aftertaste.</p>	<p><b>8.5</b> The carbonation really helps with some of the issues that comes with a lot of the other brands. I did find myself getting some phlegm in the back of my throat while drinking it.</p>	<p><i>Per 12oz can:</i> 90 cals 20 g protein 0 g fat 1 g carbs (0 g fiber, 0 g sugar)</p>	<p>Filtered Carbonated Water, Hydrolyzed Whey Protein Isolate, Phosphoric Acid, Natural Flavors, Malic Acid, Citric Acid, Coffee Extract, Sucralose.</p>	<p><i>3 flavors:</i> Pomegranate Punch, Strawberry Watermelon, Tropical Limon</p>	<p>\$35.97 / 12 cans = \$3.00 per can</p>	<p>Don't expect this one to be soda-like or sparkling water-like. It's closer to an energy drink, but not as pungent.</p>	<p>Legend: Protein (blue), Fat (green), Carbs (yellow)</p> <p>95%</p>
<b><u>Optimum Nutrition Protein Water - Icy Blue Raspberry</u></b>	<p><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.</p>	<p><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.</p>	<p><i>Per 16oz bottle:</i> 90 cals 20 g protein 0 g fat 2 g carbs</p>	<p>Water; Whey Protein Isolate; Malic Acid; Phosphoric Acid; Natural and Artificial Flavor; Potassium Sorbate and Potassium Benzoate (as Preservatives); Sucralose; Acesulfame Potassium; Blue 1</p>	<p><i>2 flavors:</i> Icy Blue Raspberry Tropical Fruit Punch</p>	<p>\$35.88 / 12 pack = \$2.99 per bottle</p>	<p>Similar to some other options, this one is pretty solid in terms of taste, but I don't love the ingredients list.</p>	<p>Legend: Protein (blue), Fat (green), Carbs (yellow)</p> <p>91%</p>
<b><u>Vital Proteins Collagen Water - Strawberry Lemon</u></b>	<p><b>6.5</b> This is a bit of a different kind of protein water in that the flavor is really just a *hint* instead of full on flavor. That said, I get the tang of the lemon and can tell there's something sweet dampening the tang, but I couldn't really pick out the strawberry. The great thing about using collagen instead of whey is that there's no aftertaste!</p>	<p><b>10</b> Wet like water, no weird textures to speak of.</p>	<p><i>Per 12 oz bottle:</i> 60 cals 10 g protein 0 g fat 4 g carbs (3 g sugar, includes 0 g added sugars)</p>	<p>Collagen peptides (bovine), reverse osmosis filtered water, strawberry juice, lemon juice, monk fruit extract</p>	<p><i>5 flavors:</i> Blackberry Hibiscus Blueberry Mint Lemon Lemon Ginger Strawberry Lemon</p>	<p>\$20.00 / 4 pack = \$5.00 per bottle</p>	<p>This brand is quite expensive, so I don't think I'd buy it again.</p>	<p>Legend: Protein (blue), Fat (green), Carbs (yellow)</p> <p>71%</p>

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)								
<p><b>Ready Nutrition Protein Infused Water</b></p>	<p><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.</p> <p><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.</p> <p><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.</p> <p><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.</p> <p><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.</p> <p><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.</p>	<p><b>8</b></p> <p>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.</p>	<p><i>Per 16.9 oz bottle:</i></p> <p>70 cal 15 g protein 0 g fat 1 g carbs (0 g fiber, 0 g sugar)</p>	<p>Filtered Water, Whey Protein Isolate, Citric Acid, Natural Flavors, Stevia Extract, Fruit and Vegetable Juice (Color)</p>	<p><i>6 flavors:</i></p> <p>Black Cherry, Blueberry, Cotton Candy Grape, Lemon Ice, Orange Mango, Pink Grapefruit</p>	<p>\$14.99 / 6 pack = \$2.50 per bottle</p>	<p>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.</p>	<table border="1"> <caption>Macro Content (% of total calories)</caption> <thead> <tr> <th>Macro</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Protein</td> <td>94%</td> </tr> <tr> <td>Fat</td> <td>6%</td> </tr> <tr> <td>Carbs</td> <td>0%</td> </tr> </tbody> </table>	Macro	Percentage	Protein	94%	Fat	6%	Carbs	0%
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<p><b>Neuro Protein Lifestyle Beverage - Watermelon Mint</b></p>	<p><b>7</b></p> <p>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.</p>	<p><b>9</b></p> <p>Similar to Trimino, this drink has a lower protein content, so they likely have an easier time with avoiding the dry-mouth effect.</p>	<p><i>Per 14.5 oz bottle:</i></p> <p>50 cal 10 g protein 0 g fat 2 g carbs (5 g fiber, 2 g sugar)</p>	<p>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 &amp; Potassium Sorbate (to Preserve Freshness), Ascorbic Acid, Zinc Gluconate, Bamboo Extract (Silica), Selenium Amino Acid Chelate, Biotin, Ergocalciferol.</p>	<p><i>2 flavors:</i></p> <p>Cherry Vanilla Watermelon Mint</p>	<p>\$9.95 / 12 pack = \$0.83 per bottle</p>	<p>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.</p>	<table border="1"> <caption>Macro Content (% of total calories)</caption> <thead> <tr> <th>Macro</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Protein</td> <td>83%</td> </tr> <tr> <td>Fat</td> <td>17%</td> </tr> <tr> <td>Carbs</td> <td>0%</td> </tr> </tbody> </table>	Macro	Percentage	Protein	83%	Fat	17%	Carbs	0%
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<b>Performance Inspired Ready 2GO Protein</b>	<b>8</b> You can taste the blueberry lemon flavor but it's quite tart.	<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 16oz bottle:</i> 100 cals 16 g protein 0 g fat 7 g carbs (0 g fiber, 5 g sugar, includes 5 g added sugar)	Filtered Water, Whey Protein Isolate, Pear Juice Concentrate, Phosphoric Acid, Natural Flavors, Potassium Sorbate, Stevia Leaf Extra, Fruit and Vegetable Juice for Color.	<i>3 flavors:</i> Blueberry Lemonade, Island Fruit Punch, Watermelon Blast	\$25.99 / 12 bottles = \$2.17 per bottle	I found this one at my local grocery store (HEB).	
<b>Protein2O Protein Infused Water - Mixed Berry</b>	<b>7</b> 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.	<b>8</b> 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.	<i>11 flavors:</i> 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.	<b>8</b> 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.	<i>3 Flavors:</i> 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.	<b>6</b> 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	<i>10 flavors:</i> 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.	
<b>Foundation Fitness Energy + Protein Water - Peach Tea</b>	<b>4</b> The tea flavor is really a stretch here...I got a hint of peach but it was really not tasty.	<b>6</b> Left my mouth feeling sucked dry of moisture and phlegmy on my tongue and throat.	<i>Per 11oz can:</i> 90 cals 20 g protein 0 g fat 10 g carbs (0 g fiber, 0 g sugar, 8 g erythritol)	Water, Whey Protein Isolate, Erythritol, Contains less than 1% of: Black Tea Concentrate, Natural Flavors, Monk Fruit Concentrate, Stevia Leaf Extract, Natural Caffeine.	<i>2 flavors:</i> Peach Tea, Raspberry Tea	\$24.99 / 12 pack = \$2.08 per bottle	You can also find this at Walmart and some grocery stores.	

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