

Common Sports Supplement Drinks (May 2013)

Oral nutritional supplements: (Prescription supplements)

	Ensure Plus	Ensure Plus Juce	Twocal	Fortisip	Fortisip Compact	Enshake
Serving	220ml	220ml	200ml	200ml	125ml	310ml
Calories	330	330	399	300	300	600
Protein (g)	13.8	10.6	16.8	12	12	16
CHO (g)	44.4	71.9	42	36.8	37.1	78.4
Fat (g)	10.8	0	17.8	11.6	11.6	24.7
Fibre (g)	0	0	2	0	0	0

Common sports supplement drinks:

Drinks come in powder form therefore serving measured in grams of powder required.

By no means is this a comprehensive list, there are many more!!!

Brand: Maximuscle

	Progain extreme	Promax diet	Cyclone	Promax extreme	Creatamax	Maxipower
Serving	125g	60g	60g	90g	33g	50g
Calories	508	228	230	357	128	163
Protein (g)	41.2	38	30	76.5	8.4	12.1
CHO (g)	65.6	12	21	4.95	23.3	28.8
Fat (g)	11.3	3.5	4.68	4.05	0.1	0
Fibre (g)	0	2	0	0	0.2	0

	Promax Ready to drink (RTD)	Promax Multi-release	Maxi Milk RTD	Maxi Milk Extreme RTD	Protein Milk RTD	Viper Active
Serving	330ml	40g	330ml	500ml	250ml	30g
Calories	93	143	212	339	135	129
Protein (g)	23.1	24.9	30	50	20	2.7
CHO (g)	0	6.2	19.8	30	12	29.2
Fat (g)	0	1.3	1.0	1.5	0.7	0.1
Fibre (g)	0.3	3.4	1.7	2.5	1.2	0

Brand: Boditronics

	Profusion reloaded	Midnight express	Express Whey	Express Whey Anabolic	Express Protein XTR-4	Mass Attack EVO	Mass Attack Heavy	Mass Attack Juggernaut
Serving	70g	68g	47g	70g	56g	125g	300g	150g
Calories	273	265	204	294	215	483	1300	650
Protein (g)	40	40	34	54	40	40	60	57
CHO (g)	19	15	6.3	12	8	60	206	69
Fat (g)	4	5	3.6	3	2.8	9	21	14
Fibre (g)	0	0	0	0	0	3.4	6	6

Brand: PhD

	Pharma Whey HD	Synergy ISO-7	Pharma gain
Serving	25g	66.6g	133g
Calories	95	250	524
Protein (g)	18.5	37	47
CHO (g)	2.25	17	53.3
Fat (g)	1.5	3.9	12
Fibre (g)	0.25	3.6	8.1

Brand: Sci-MX Nutrition

	Omni- MX	Omni – MX Hardcore	Whey
Serving	70g	145g	?
Calories	277	563	175
Protein (g)	35	45	35
CHO (g)	18.3	80	4
Fat (g)	4.2	4.7	1.5
Fibre (g)	0	0	0

Brand: Sci-MX Nutrition

	Omni-MX	Omni – MX Hardcore	Whey	Pro 2Go RTD	Whey + Hardcore	Mass System	Grow + Hardcore
Serving	70g	145g	?	500ml	35g	3 scoops	2 scoops
Calories	277	563	175	210	140	618	1040
Protein (g)	35	45	35	35	25.8	46	70
CHO (g)	18.3	80	4	16.5	5.1	100	178
Fat (g)	4.2	4.7	1.5	1	1.8	4	5
Fibre (g)	0	0	0	0	0.2	3.3	3

Brand: Muscletech

	Cell-Tech Pro Series	Mass Tech
Serving	100g	5 scoops
Calories	350	1040
Protein (g)	0	70
CHO (g)	77	178
Fat (g)	0	5
Fibre (g)	0	3

Brand: Reflex

	Instant Whey	One Stop	Growth Matrix
Serving	25g	75g	?
Calories	97	253	393
Protein (g)	20	37	36
CHO (g)	1.6	15	55
Fat (g)	1.1	5	3.2
Fibre (g)	0	2.3	0

Brand: USN

	Muscle fuel anabolic	Pure protein	Muscle fuel STS	Enduro sport carb- load	Recover Xcell	Hyperbolic (contains 5000mg creatine)
Serving	150	56g	110g	75g	95g	300g
Calories	540	203	408	278	357	1113
Protein (g)	50	40	44	0	18.5	50
CHO (g)	78	2.2	49	69	69.2	220
Fat (g)	2	2.3	4	0	0.2	2
Fibre (g)	0	0	3.3	0	0	1.7

Brand: Garnell Nutrition

	As one40
Serving	75
Calories	275
Protein (g)	40.9
CHO (g)	18.9
Fat (g)	2.2
Fibre (g)	0

PVL

	Mutant Mass
Serving	260g
Calories	1050
Protein (g)	52
CHO (g)	170
Fat (g)	18
Fibre (g)	5

Brand: Optimum

	Gold std Whey
Serving	29.4g
Calories	120
Protein (g)	24
CHO (g)	3
Fat (g)	1
Fibre (g)	0

Brand: Met Rx

	Protein R3volution
Serving	77g
Calories	248
Protein (g)	30
CHO (g)	22
Fat (g)	4.2
Fibre (g)	2.2

Brand: Vyomax

	Cyclomax
Serving	60g
Calories	223
Protein (g)	28.8
CHO (g)	21
Fat (g)	2.6
Fibre (g)	0

Brand: CNP

	Pro Solo	Pro Recover
Serving	60g	80g
Calories	196	297
Protein (g)	28	23.5
CHO (g)	16.1	48.4
Fat (g)	2.2	1
Fibre (g)	0	0

Brand: Science In Sport (SIS)

	GO	PSP22 energy	REGO recovery
Serving	40g	Per sachet	50g
Calories	146	189	184
Protein (g)	0	0	13
CHO (g)	36	47	31
Fat (g)	0	0	0.8
Fibre (g)	0	0	1.4

Maxiraw

	WPI Intensity	WPC Precision	Mass Blitz
Serving	25g	30g	100g
Calories	93	119	342
Protein (g)	22	22	28
CHO (g)	0.9	2.6	46
Fat (g)	0.2	2.3	5.5
Fibre (g)	0	0	0

Lucozade

	Lucozade Sport RTD	Sport Elite Performance
Serving	500ml	2 scoops
Calories	140	375
Protein (g)	0	0
CHO (g)	32	90
Fat (g)	0	0
Fibre (g)	0	0.2