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Approved Protein Supplements

You will only need a limited supply of liquid protein supplements, so you don't want to go overboard, supply-wise. Remember that protein supplements are normally only consumed for the first few weeks after bariatric procedures.

You should take at least four ounces three times per day, for a total of twelve ounces daily. If you can't manage twelve ounces, let us know about it.

Protein Supplement Examples:

- ISOPure™ Zero carb beverage
- Inspire™ Whey Protein Isolate
- Unjury™ protein powder
- Pure Protein™
- Six Star Protein™
- Atkins PLUS™ Protein
- Muscle Milk™
- Premier™ Protein Shake
- RAW™ protein powder/Genisoy™ protein powder
- Vega Protein™

You are free to use other brands of protein shakes, but they should meet these requirements:

- Greater than 18 grams of protein per 12 ounces
- Less than 8 grams of total carbohydrates per 12 ounces Lactose-free
- Mixable with lactose-free milk, soy milk, almond milk, or water