

# What To Look For In A **PROTEIN POWDER**



## For Teens?



Type of protein, such as whey, casein, and soy, depending on your teen's needs and preferences.



Choose protein powder made from high-quality sources and free of impurities.



Look for products with no or little sugar.



Choose supplements of high biological value.



If your teen is vegan or lactose intolerant, look for non-milk-based protein powders.



Prefer buying the ones with low-fat content.



You may also try buying flavored protein powder, such as chocolate.



Also, make sure the product fits your budget.