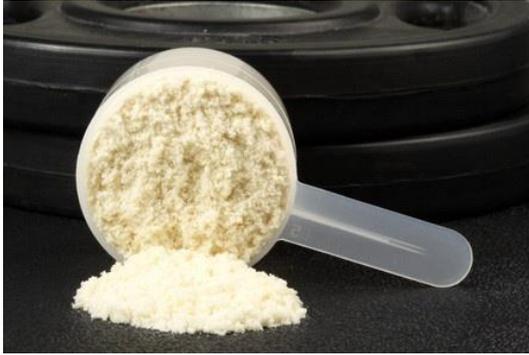


Whey Protein vs. Pea Protein



If you're not a body builder, you might be wondering what protein powder has to do with you.

Well, a lot actually.

Many people are coming around to the idea that protein powder is a great way to repair and strengthen muscles from any type of workout.

And for others, it is just a great total replacement meal to get your engine started in the morning!

Protein powders also help keep you fuller longer, which is important for meeting your weight loss goals, especially first thing in the morning by adding protein powder to your smoothies (or on its own!).

And if you're striving to live alkaline, protein powders serve as a good alternative to heavy, acidic meat and other acid-filled protein sources like soy and yogurt.

But not just any protein powder!

There are a lot of options available these days, and that's a good thing because the most common powder source of protein, whey, is what we're going to talk about today.

If you think that chalky, whey protein powder that's full of very processed ingredients is your only option... think again.

Let's weigh (no pun intended) whey protein against what I believe is a better protein powder.

Whey Protein

Protein per ounce: Approximately 20 grams, or 39% of the recommended daily value per serving.

Source: Cow's milk. It's made by separating the liquid whey from the solid curd that will later become cheese. It is then filtered and dried to a powder, and some companies use harsh chemicals in that process.



Whey is the most common type is protein powder commercially available. You'll also find that some whey protein powders contain casein, another dairy protein that is linked to certain cancers in humans, due to its high acid content.

Cow's milk has twenty times more casein than human milk and is poorly digested and very damaging to the human immune system.

Most dairy products are made from milk of cows that feed on grains and are loaded with pro-inflammatory omega-6 fatty acids and other acidic hormones and pesticide residues.

Think you're getting calcium from drinking milk, whey, or any other dairy product?
THINK AGAIN!

Due to the high phosphorous and lactose content, your body needs more INTERNAL calcium (from your bones) to buffer or neutralize the high-acid content of the milk, leaving your bones STRIPPED of calcium.

That is why we (as in the United States of America) are one of the HIGHEST consumers of dairy in the world, yet we have the highest rates of osteoporosis.

Does that make sense if dairy REALLY does what these 'milk mustache' lobbyists say it does?

Lastly, dairy has a 10:1 ratio of calcium to magnesium which is BAD – in order for you to ABSORB and ASSIMILATE the calcium, you need that ratio to be 1:1 (as it is in [Alkamind Daily Minerals](#)).

Whey Benefits: It can be absorbed quickly in the body, just like a glass of milk, and that's why it has long been thought of as a good protein source.

Whey Drawbacks: SEE ABOVE! Like all dairy products, whey isn't easily digested by many people because it clogs the digestive tract and exacerbates digestive issues like gas, bloating, constipation, and diarrhea. That's why lots of people develop intolerance to dairy.

It's also acidic, which is the last thing your body needs after working out or waking up.

You see, some workouts can build up lactic acid in the muscles. High impact training like running, kickboxing, spinning, and weight training are bigger culprits than low impact workouts. Before and after any kind of high impact exercise, you want to do what you can to minimize acid, not increase it by drinking an acidic protein drink.

Otherwise, you're actually zapping your energy at the same time that you're working out because your body is working so hard to fight acid. If you've ever felt like you were hit by a truck after a workout, acid is probably to blame.

Pea Protein

Protein per ounce: 17-23 grams, depending on the brand – this is the same or just slightly more protein than whey powder per serving.



Source: Peas, of course. It's made by grinding peas to a fine powder and isolating the protein from the fiber and starch.

Benefits: A vegan, completely plant-based protein source, pea protein is a COMPLETE protein, which means that it contains all 9 of the essential amino acids necessary for building muscle mass.

That cannot be said of many other vegan protein sources. In fact, pea protein contains 3 times more of the amino acid, *arginine*, than whey protein, which contains slightly more branched-chain amino acids than pea.

So, in other words, they equal out in terms of muscle building potential.

Because it's plant-based, pea protein is highly alkalizing to the body, so it's perfect recovery fuel after a workout, unlike whey protein.

Pea protein is the most hypoallergenic of any protein available, so if you have any digestive issues, this is your best bet.

Pea protein is more sustainably sourced than whey protein in terms of environmental impact.

Studies have concluded that it lowers high blood pressure and helps to regulate blood sugar levels. And emerging research has found a link between pea protein and kidney health.

Drawbacks: The only potential drawback is that pea protein is higher in sodium than other protein powders. However, this is naturally occurring sodium, and unless you have been told by a doctor to consume a low sodium diet, it's well within your normal daily

consumption of sodium, at 10-15% of the recommended daily allowance as opposed to 5% in whey protein.

Some people complain about the dirt-like taste of certain brands, so be sure to buy a brand who sources only premium pea protein powder, and with good reviews on taste.

So Which Should You Choose?

Hands down, pea protein is the clear winner. They both provide the same amount of protein, including essential amino acids for muscle building, but pea protein is also highly alkalizing once it's in your body, so it's going to help with workout recovery at the same time it's building lean muscle.

Whatever Type You Choose, Make Sure...

Many protein powders are full of additives that your body is better off without. Some, including a few of the most popular brands, are full of **heavy metal toxins like cadmium, lead, and mercury!**

Other additives and preservatives you'll commonly see on ingredient lists that you want to avoid are:

- Cellulose gum
- Xanthum gum
- Carrageenan
- Corn syrup solids
- Disodium phosphate or dipotassium phosphate
- Inulin
- Lactase
- Polydextrose
- Tapioca
- Soy lecithin



The bottom line is you should avoid any processed ingredients in protein powder just like in all other foods you eat.

Many protein powders contain added sugar to make them taste better. You want to read the labels in your protein powder to make sure they are really low in sugar. Anything above 5 grams is way, way too much and just not necessary for taste.

Others don't contain any sugar at all, but buyer beware – make sure they aren't using sucralose, aspartame, xylitol, or any other artificial sweetener, the most acidic ingredient you can put in your body!

Look for ingredients that naturally add sweetness without using sugar, corn products, or artificial sweeteners. Better options include coconut, natural vanilla flavor from raw essential extracts, monk fruit, or stevia.

Do you want the best protein powder on the market? [Alkamind Daily Protein](#) is back in stock and better than ever!



After Kelly Ripa and Ryan Seacrest went on air and talked about Dr. Daryl's new Amazon Best-Selling book [GET OFF YOUR ACID](#) (of which, Kelly wrote the foreword for), the protein powders quickly sold out.

Since then, we reformulated both flavors to make them even BETTER than they were before! He added more sprouts, the most alkaline food on the planet, and this

took it from 18g of protein to 20g!

It's filled with nutrient-dense, plant-based ingredients and none of the fillers or preservatives you'll find in other brands.

We use pea protein, combined with two other vegan protein sources – *sacha inchi* and hemp – plus coconut oil to give you complete protein that's high in branched-chain amino acids and nourishing fats.

Plus, they taste great! We took an already AH-MAZING TASTING plant-based protein powder, and made the two flavors, Creamy Chocolate and Vanilla Coconut, even better!

Both flavors, Vanilla Coconut and Creamy Chocolate, get excellent reviews for taste and effectiveness.

[Stock up on Alkamind Daily Protein today!](#)