





Are All Proteins Equal?

	ADVOCARE Muscle Gain (mixed w/water)	CytoSport Muscle Milk (mixed w/water)	MuscleTech® NITRO TECH®	 American Whey
CALORIES	135	348	110	104
FAT	1 g	18 g	1.5 g	< .5 g
Saturated Fat	0 g	8 g	1 g	
CARBS	4 g	12 g	4 g	6 g
FIBER	0 g	<2 g	.5 g	0 g
SUGAR	4 g	6 g	2 g	1 g
PROTEIN	25 g	32 g	20 g	20 g
C:P:F: RATIO	12:74:06	14:37:47	15:73:12	23:77:04
# Servings Per Container	15	10	63	48
COST	 \$2.59	\$2.79	\$1.11	\$.83

