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Amway Nutrilite Protein Powder Review

December 12, 2013 by Vandana — 24 Comments

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In my last post I narrated my weight gain story and this protein powder has been my companion throughout my journey. I am no fitness or diet expert. I am just giving out some acquired knowledge ;).

When I was minus.zero size every one used to give me gyaan on gaining weight. While some tips really worked, others were just plain weird. One of my neighbour said don't eat anything for 1 WEEK, just drink water and coconut water. I said errrr aunty I want to GAIN weight. She said yes, then you will get extremely hungry and your taste would change, you would start getting attracted towards all healthy things. It's the rule of hungry body dear "absence makes the heart grow fonder and hunger makes the body grow fatter" she said 😉 ..I ran away before she could snatch my beloved cheese sandwich away from me. Before I start my epic love story with sandwiches, let's get to know this protein powder better.

Amway Nutrilite Protein Powder Review

Amway says: a powdered protein drink (non-alcoholic ready-to-serve beverage- proprietary food). Original natural flavour, no sugar added.

It's your body – Protein plays a leading role in your body's growth and maintenance. Because your body does not store excess protein, a daily protein powder provides a natural, fat free protein with the added benefits of naturally- occurring soy isoflavones, calcium and iron.

Complete protein – Nutrilite protein powder has 80% protein content and contains a balanced supply of nine essential amino acids.

The smart choice- Diets low in saturated fat and cholesterol that include 25 g of soy protein isolate per day may help maintain a healthy heart. Many nutritionists have been recommending that Indians cut back on those traditional protein sources that have high levels of fat and cholesterol, such as red meat, cheese, eggs and whole milk. Nutrilite protein powder is a healthy choice, as one serving provides 6.3 g of soy protein (8 g total protein).

Ingredients

Soy protein isolate, milk protein concentrate, soy lecithin, silicone dioxide.

My Experience

I will not get into the age old debate of soy versus whey. I believe we all have diff. body needs. I needed something which would help me retain my energy levels and doesn't make me so full that I start missing my regular meals. It should act as a supplement and not as a whole meal. Plus it should help me in mission gaining lost hair back. AND it should taste yummy. So while researching online (Specs perched high atop my nose) I fumbled across this and I thought this sure is that magical potion voldemort used to drink to stay alive. Duh! It has green dot that means it has no unicorn blood. So this is not that evil drink rather it's a normal humble protein powder which more or less meets all my expectations. Well The Amway consultant promised me a hell lotta other things as well but then I was not expecting it to cure my thyroid and period problems.

Benefits of having soya protein

1. Amino acids are found in abundance in soy protein. That means it makes the other foods entering our system more beneficial. That means it helps in the procedure of food getting converted to energy.
2. Many studies show that soy protein reduces the risk of coronary diseases. Since, soya helps in reducing bad cholesterol. Tarun has written a fab article on good and bad cholesterol. Read it here.
3. I am a vegetarian. So, my protein sources are very limited. Soya being a vegetarian protein supplement makes me embrace it happily.
4. While reading about soya protein I came across many articles highlighting the fact that soya protein can also help in reducing the risk of getting cancer.
5. It helps reducing osteoporoses.

How I included it in my diet

It's tasteless. So there goes my dream of having a delicious protein shake. Not yet! It can be made delicious. Few ways I take it:

1. Pour one spoon full of protein powder into chilled milk. Add banana, vanilla essence and one t-spoon sugar. Mix it all in a blender and your tasty banana protein shake is ready.
2. I can never say no to fresh orange juice. Just add one spoon of protein powder to it and your juice will become ten times healthier.
3. Stuff it in my morning breakfast paratha and my energy levels stay high throughout the day.
4. You can even add it in cake or biscuit batter.

Final thoughts

I love this protein powder. This huge 1 kg dabba is the proof. 😉 still! I don't feel free to recommend it wholeheartedly because when it comes to your health you should not follow any thing blindly. Consult your doc before including any supplement in your diet. By the way, my dietician recommended this to me 😉

P.S.: I am not an Amway consultant.

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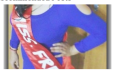

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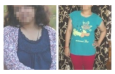

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