

### **3 Best Protein Powder for Lean Muscle**

According to evidence from different studies by [Ambulkar et al. \(2023\)](#), [Cintineo et al. \(2018\)](#), and [Jager et al. \(2017\)](#), widespread use of protein powders has been proven favorable for building muscles, weight loss or weight gain depending on individual BMI cases, recovery from injury or exercise, as well as improved cardio performance and endurance.

The purpose of these studies was to evaluate the efficacy and safety of using protein powder supplements for improving individuals' well-being and general health.

These studies are among hundreds of research aimed at appraising the health benefits of using protein powders and they provide credible data to help us identify the best protein powder for lean muscle development.

#### **Best Protein Powders for Lean Muscle Mass**

Essentially, this review provides you with a comprehensive look into protein powder products because finding the most ideal protein powder for lean muscle can be a daunting task even for fitness gurus. But what exactly is a protein powder supplement and how does it benefit you?

#### **What is Protein Powder?**

Protein powders are plant-based or animal-based protein extracts popularly used by athletes and bodybuilders to enhance physical performance and optimize general muscle health; including muscle repair and growth.

However, while different needs dictate how much protein is required to build muscle tissue for particular individual cases, personal preferences usually influence the choice of artificial flavors included in a brand's protein powder mix.

#### **Why is Protein Powder Popular and Used for Lean Muscle Building?**

Muscle protein synthesis provides the body with essential amino acids that are necessary for muscle growth or muscle recovery. The effect depends on how much protein per serving you take throughout the day.

In addition to professional athletes and bodybuilders, protein powders are also used by other people outside the scope of professional sports and exercise to supplement daily protein requirements either for weight loss or post-injury muscle recovery in different life situations (or as directed by physicians or professional nutritionists).

#### **General Benefits of Protein Powder**

Some of the direct benefits of using protein powder include the management of weight (weight loss or weight gain), muscle gain and strength for stable motor function, muscle loss prevention

for the elderly, and the versatility and convenience of supplementing daily protein intake for diverse health needs. Individual needs determine how much protein per serving you require.

## **How Protein Powder Intake Helps Consumers**

Protein macronutrients found in protein powders are synthesized differently by each individual's digestive enzymes to help in maintaining strong bones, protecting the immune system, and building lean muscle mass.

The intake of any lab-tested high-quality protein concentrate provides the body with essential amino acids needed to stimulate the benefits identified above and more.

In our case, we are more interested in how protein powders help to increase muscle mass (just getting buffed) and/or induce lean muscle growth (more toned), and the availability of products guaranteed to give you exactly that.

## **Considerations in Choosing the Best Protein Powders**

We went through hundreds of protein powder brands (plant based protein powder and animal based protein powder) to choose the best protein powders for lean muscle and selected the top three products in the overly saturated market based on the price-value ratio (protein per serving), complete amino acid profile, user experience, caloric benefits, taste (flavor), ease of muscle protein synthesis, as well as safety and efficacy.

## **Top 3 Protein Powders for Lean Muscles**

### **1. Tri-protein**

UK-based CrazyNutrition has been in the health and nutrition industry for a little over 10 years now and they are already giants in the game. They label themselves the “tightly knit bunch of industry rebels” that has disrupted the supplements global market with their out-of-this-world products promising to “clean up this notoriously confusing industry”.

Their core business is pegged on four simple principles; simplicity, proof, quality, and affordability.

### **Brand Overview**

Tri-Protein from CrazyNutrition boasts to be a “power tri-state protein release” that boosts energy, strength, motivation, and focus for both professional and amateur athletes and bodybuilders.

Strength coach Enton Luli and NPC Bikini Champion Lauren Lotter love the chocolate-flavored Tri-Protein formula and can't seem to have enough words to describe their excitement with the protein powder's results.

One major drawback is its unsuitability for people with serious cases of lactose intolerance because most of the ingredients including Whey Protein Concentrate, Whey Protein Isolate, Micellar Casein, and Milk Protein Concentrate are all derived from milk (animal protein).

### **Highlighted Features**

- Contains 23.6g – 25.3g of protein per serving depending on flavor choice
- Curbs hunger to keep you satiated
- 0.50g – 0.70g of fat per serving
- 1.85g – 1.97g of carbohydrates per serving
- 0.13g - 0.22g of salt per serving
- 108.75 – 110.13 kcal (calories) per serving
- Natural (non-GMO) ingredients only

### **Pros**

- Combines fat-burning and lean muscle mass building capabilities
- Keeps energized for longer
- Gets third-party testing
- High-quality natural ingredients with No GMO (genetically modified organisms) additives
- Great taste
- Easy to prepare, take, and digest
- Affordable

### **Cons**

- Not suitable for people with lactose intolerance
- Poor delivery logistics for customers outside Europe

### **Features**

Fat burner with 21 grams of protein in 6 different non-GMO types thus superior to soy, regular whey, and hemp protein formulas.

Low carbs with 97 calories only to keep you satiated (no feeling of hunger) making it awesome for morning shakes, quick snacks, after workouts, or in-between meals

Available in 3 different flavors (chocolate, salted caramel, and vanilla) for a simple and delicious premium quality protein formula with great texture.

Very affordable prices ensure that customers from diverse economic backgrounds can comfortably buy the product.

Easy to use - just add 2 scoops (1 scoop per 16 oz) to water or your favorite shake, stir or shake and enjoy your refreshing protein powder drink. Three-phase protein absorption for slow release and bigger energy build.

### **Micronutrients and Flavors**

Each 30g serving of the premium formula contains 24.3g of natural protein (non-GMO), 0.65g of fat, 1.9g of carbohydrates, 0.13g of salt, and 6mg of DigeZyme Enzyme Complex (Lipase, Cellulase, Amylase, Lactase).

The flavor choices vary from chocolate, and vanilla, to salted caramel with a small amount of sucralose sweetener.

### **Customer Experience**

Excellent customer experience as seen from the real customers' review score of 4.8 stars (official website statistics) shows that Tri-Protein has lots of satisfied customers and it provides awesome results. One customer said

*"Love the taste and the result is amazing!"*

### **Price**

The one-time purchase price for a 1kg tub of any flavor is \$69.99 with free delivery for orders over \$70. Subscribers pay a discounted price of \$48.99 for 1 tub which is delivered every two months for people who work out 4 times a week (most popular subscription) while those working out every day receive 1 tub every 4 weeks for \$48.99. Subscriptions can be canceled anytime.

## **2. ON Gold Standard 100% Whey Protein**

Optimum Nutrition is one of the major producers of sports nutrition products and a popular go-to brand for both professional and amateur protein powder enthusiasts looking for whey protein powders.

With over 20 amazing flavors (including natural flavors) and a commanding global market share, it is easy to see why big names such as Taylor Fritz (Tennis player), whitewater kayaker world

champion Nick Troutman, fitness influencer Cody Allen (former Football player), plus a number of other semi-pro athletes continue to sing endless praises for Optimum Nutrition products, and why the ON Gold Standard whey protein powder made this top 3 list. Talk of tried and tested...

### **Brand Overview**

The ON Gold Standard 100% Whey protein powder is arguably the best post-workout formula for quick muscle recovery and support. It contains 24g of protein (primarily Whey Protein Isolate) and 5.5g of natural BCAAs per serving for muscle building, maintenance, and endurance.

Major ingredients include Whey protein isolate, Whey protein concentrate, Hydrolyzed Whey protein, Soy Lecithin, and a small amount of Sucralose to create one of the best protein powders in the market today.

### **Highlighted Features**

- Tested and re-tested for banned substances
- 24g of protein per serving for muscle building and maintenance
- 5.5g of BCAAs per serving for muscle endurance
- Gluten free
- 120 calories per serving
- Best post-workout protein shake
- Mixes well with water, milk, and other drinks (1 scoop per 6-8 fluid oz)

### **Pros**

- Easy to prepare
- Quick muscle recovery and more endurance
- Relatively affordable
- No bloating effect
- Over 20 flavors to choose from according to taste
- Awesome for smoothies and shakes

### **Cons**

- The choice of flavors can be quite confusing for beginners.

## **Features**

It is advised to mix and take your shake 30min to 1 hour after your workout session to help in muscle recovery and mass building. It can also be taken anytime as a snack.

Product authentication can be done through ON's official website or by sending an email that summarizes the product's details with photos of the canister's front and back, as well as details of the country and specific place of purchase.

Isolation of excess lactose, fats, and carbohydrates is done through advanced filtering technologies to ensure you get the perfect protein blend to build muscle mass.

## **Micronutrients and Flavors**

Each 30.4g – 32g serving contains an average of 24g of protein, 1.5g of fat, 3g of carbohydrates, 1g fiber, 55mg cholesterol, 130mg sodium, 130mg calcium, 200mg potassium, 1g of added sugars, and 0.9mg of iron.

ON Gold Standard Whey Protein powders come in a variety of 18 flavors ranging from banana to coffee and a few chocolate blends among other delicious flavors to make your protein intake enjoyable.

## **Customer Experience**

Consumers seem to love this product with some of them having used the product for a few years to promote muscle growth. The ON Gold Standard Whey Protein has a customer review rating of 4.8 stars according to their official website statistics. One customer says:

*“Have used this product for several years, consistent quality, delivered fast to my door.”*

## **Price**

Prices start from \$33.99 (22 servings) to \$157.99 (149 servings) depending on package size. Newsletter subscribers receive a 15% discount on their first order. Furthermore, purchases of over \$100 get a 15% discount while purchases of over \$150 get a 20% discount.

### **1. MyProtein Impact Whey Protein**

Headquartered in Manchester, MyProtein has been one of the leading sports nutrition brands since 2004 and it operates in over 70 countries worldwide.

The industry giant produces a wide selection of nutrition products including high-quality vegan protein powder and vegetarian options.

Their broad flavor choice combines both natural and artificial flavors guaranteed to excite your digestive enzymes. The Impact Whey Protein brand is one of their best sellers in the global sports nutrition market.

### **Brand Overview**

MyProtein's Impact Whey Protein is an easy-to-prepare supplement with a powerful punch that helps you maintain topped-up protein levels throughout the day. The premium formula is 82% protein 7.5% fat, 4% carbohydrates, and 0.5% salt making it one of the best protein powders for muscle repair and building. The main ingredients are Whey Protein Concentrate and Soy Lecithin.

In addition to the unflavored option, this awesome Whey protein powder comes in over 50 flavors; including a birthday cake flavor.

### **Highlighted Features**

- Available in different quantities for budgetary and personal restocking convenience (250g, 500g, 1kg, 2.5kg, and 5kg)
- 21g of protein per serving
- 103 calories per 25g serving
- 1.9g of fat and 1g of carbohydrates per serving
- 1 scoop per 150-250ml of milk or water

### **Pros**

- More than 50 flavors are available
- Informed Choice certified
- Easy to prepare and take
- No chalky effect

### **Cons**

- Confusing awesome flavors – it's extremely hard to settle for 1 favorite flavor even if you dislike a few

### **Features**

High-quality ingredients are used to provide you with the perfect Whey protein powder blend for an outstanding nutritional impact with over 80% protein per serving.

Formulated to work behind the scenes with an excellent amino acid profile ensuring your muscles remain resilient and strong. It also plays a significant role in maintaining strong bones and promoting muscle growth.

A flexible price range and different packaged amounts take care of varied customer needs.

Certified by Informed Choice to add extra reassurance for consumers.

### **Micronutrients and Flavors**

Each 25g serving contains 21g of protein, 103 calories, 0.13g salt, 0 fiber content, 1.9g of fat, 1g of sugars, and 1g of carbohydrates. The over 50 flavors range from banana to mango flavor and strawberries and mixed fruits among others such as chocolate, vanilla, salted caramel, raspberries, and more.

### **Customer Experience**

Over 27,000 customer reviews on MyProtein's official website give this product a score of 4.6 stars based on the results achieved, the extensive choice of flavors, and the versatile price range. One customer says:

*“Excellent value for your money, whey is good and very testing and fine with a lot of flavors. If you are able you must try this at all cost.”*

### **Price**

Prices for MyProtein's Impact Whey Protein range from \$11.99 (250g) to \$169.99 (5kg) depending on the amount purchased. Additionally, consumers get a 45% discount for purchases over £75, 40% discount for purchases worth over £55, and 35% for purchases over £35. Customers can also subscribe for regular deliveries which can be scheduled or canceled by the customer anytime. All consumers buying products worth £45 and above within the UK get free shipping.

### **Final Word**

If you are shopping for premium products that guarantee better-quality protein powder supplementation then the protein powders shortlisted in this review will definitely give you what you're looking for; and probably more. Studies have shown that a daily protein intake of 25g is essential for muscle growth and enhanced endurance. The only product that comes close to this recommendation is Tri-Protein (25.3g of protein per serving) which makes it the number 1 protein powder in our review.