

Ancient Nutrition Bone Broth Protein: Primal Joint Support

written by Mike Roberto | July 14, 2016



Anyone who champions the holistic, “clean” eating lifestyle is already well aware of the benefits of consuming **bone broth**. For those of you not “in the know,” read on, because you’ll get a quick primer on what it is and its benefits with today’s product.

As you would expect, bone broth is made from chicken (or beef) bones but don’t confuse it with stock (which is also made *using* bones). With bone broth, the bones are typically roasted first to improve the flavor (i.e. add more depth) of the bone broth. Another difference is that bone broths are typically simmered for a quite some time (often over 24 hours), while stocks are usually simmered for only 3-4 hours.

The purpose of the longer cook time with bone broths is that you’re able to produce **gelatin** from the **collagen-rich joints** as well as release **minerals** from the roasted bones. When your bone broth is done, the bones should crumble when lightly squeezed between your thumb and index finger.

But what if you could get a *protein powder* made from it to achieve the benefits? Well, today we bring to you **Ancient Nutrition Bone Broth Protein**, a protein powder unlike anything we’ve ever seen.

We'll address those benefits in the ingredient breakdown ahead, but first, take a second to check the best deal and sign up for PricePLOW alerts:

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Bone Broth Protein Ingredients

The ingredient list is minimal as you'd expect with such a caveman type product. The main idea behind this whole product is its simplicity and rusticness so it wouldn't make much sense to muck it up with a bunch of other junk.

- **Chicken Bone Broth Protein Concentrate (22.25g)**

Suggested Use: Mix one level scoop (approx. 12 scoops) in 12 ounces of water, juice or in a smoothie or protein shake one or more times per day. Great with almond, cashew or coconut milk or added to your favorite recipe. Can be enjoyed warm or cold.

Advanced Use Recommendation: Consume 2-3 scoops per day as a part of a fitness and diet plan or cleansing and detoxification program. Great to add to your favorite recipes and meals.

Supplement Facts		
Serving Size 1 level scoop (approx. 25.17g)		Serving Per Container: 20
	Amount per Serving	%DV*
Total Calories	98	
Calories from Fat	7	
Total Fat	<1g	0%
Total Carbohydrate	2g	1%
Sugars	1g	1
Protein	20g	40%
Calcium	14mg	1%
Sodium	150mg	6%
Potassium	270mg	8%
Chicken Bone Broth Protein Concentrate	22.25g	1

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value (DV) not established

Other Ingredients: Natural Chocolate Flavor, Cocoa Powder, Xanthan Gum, Guar Gum, Stevia Extract, Monk Fruit Extract

If you go with the Pure flavor of Bone Broth Protein, you'll get the "cleanest" form of the powder as it contains no gums or natural sweeteners.

We already explained *how* you create bone broths, now it's time to see what all the rave is about. Bone broths are rich in amino acids, minerals, glucosamine, as well as collagen. As a matter of fact, Ancient Nutrition states that each scoop of Bone Broth Protein contains **15.9g of collagen** and **1.256g of**

chondroitin sulfate.

Why is collagen such a big deal? It's primary structural protein in all of our connective tissues for starters. Furthermore, collagen supplementation has been found to support joint health, alleviate joint pain, and improve athletic performance.[1]

Additionally, all those all tales from grandma stating that "chicken soup is the cure for the common cold" may just turn out to be true. Studies involving patients with upper respiratory tract infections (i.e. the common cold) were given chicken soup, at the end of the study, researchers determined that "soup may contain a number of substances with beneficial medicinal activity.[2]" Essentially the bone broth used to make the soup exerted a mild anti-inflammatory effect that ultimately reduced the symptoms of the common cold.

Last, but not least, the gelatin in bone broth has been shown to improve gut health[3], namely by fostering the growth of probiotics (good bacteria) and supporting healthy inflammation levels in the GI tract.

NOT A QUALITY SOURCE OF *DIETARY* PROTEIN



PROTEIN 20g PER SERVING

ANCIENT NUTRITION

PALEO FRIENDLY

BONE BROTH PROTEIN™

BONE BROTH PROTEIN
VANILLA

- ▶ Low Carbs (2g), Low Sugars (1g)
- ▶ Gut Friendly
- ▶ 100% Natural, Dairy Free, Soy Free, Grain Free, Nut Free, Gluten Free
- ▶ 15,900mg of Collagen per serving
- ▶ 1,256mg of Chondroitin per serving
- ▶ Contains Amino Acids, Key Minerals, Hyaluronic Acid and Glucosamine
- ▶ Non GMO

@ancientnutr

Bone Broth Protein is about as "natural" as you can get as it contains no GMOs, Soy, Dairy, or Gluten.

On the other hand, it's important to note that collagen is *not* a quality source of anabolic, "build muscle" type of protein. It has a very poor amino acid profile for those purposes – collagen is far higher in glycine, proline, and alanine, and lower in the BCAAs leucine, isoleucine, and valine.[4,5] So in our opinions, it should not be relied upon too heavily for your diet and muscle tissue gains.

But there's a caveat to that. Despite the worse amino acid profile, a study

performed on elderly women showed that nitrogen balance was no different between participants who were taking whey protein vs. collagen protein.[6] But for our purposes, we're still not huge believers in relying on this for gains.

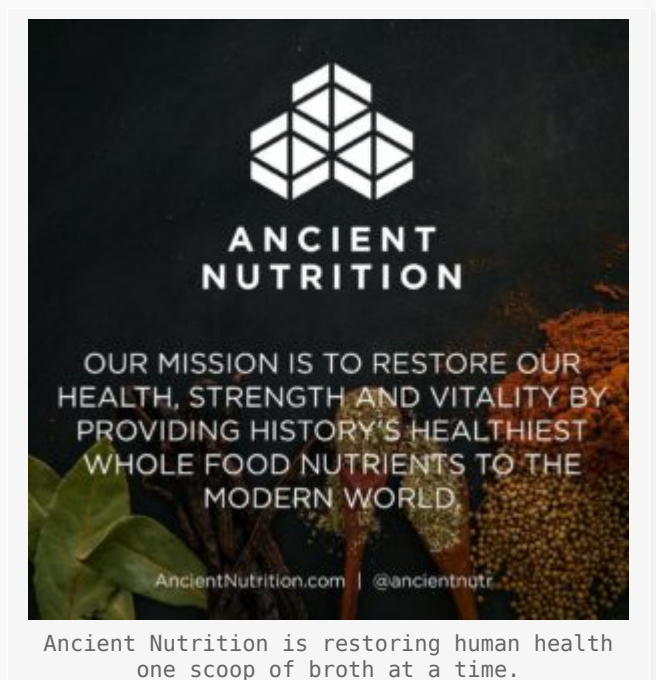
• The Rest

If you go with just the "Pure" flavor of Bone Broth Protein, you would have any additional ingredients or sweeteners, if however you go with one of the more traditional flavors like chocolate or vanilla you'll get the usual assortment of ingredients like cocoa powder, guar gum / xanthan gum, and natural sweeteners like stevia and monk fruit extract.

Additionally, there's a few other stand out points of Bone Broth Protein. It's also:

- GMO-Free
- Dairy-Free
- Soy-Free
- Nut-Free
- Grain-Free
- Gluten-Free
- Low Carb & Low Fat

Macros



Ancient Nutrition is restoring human health one scoop of broth at a time.

Each scoop of Bone Broth Protein contains:

- **Calories:** 98
- **Protein:** 20g
- **Carbs:** 2g (1g sugar)
- **Fats:** <1g

Flavors Available

If the thought of drinking chicken flavored liquid first thing in the morning makes you want to hurl, we don't blame you, it doesn't sound like the most appetizing way to start your day. Fortunately, Ancient Nutrition offers several options of Bone Broth Protein for those who want more "traditional" protein powder flavors. In total there are four flavors:

Takeaway

This is certainly a walk on the wild side in terms of protein supplementation, but it's really less about the protein and more about the joint and connective tissue support. It's really not that crazy if you think about it. We've been consuming bone broths as a species since the dawn of time, now one company has found a way to capitalize on the rebirth of the naturalistic instinct in all humans and made a powder out of one of the first foods man created.

Will it catch on big in the mainstream? Maybe, maybe not, but it's certainly interesting to see a company willing to branch out of the normal whey, egg, casein market and go for something more primal in nature. If you're feeling rickety and other joint supplements (our new favorites are SNS Joint Support XT and Scivation Flexatril) aren't doing it for you, why not give a shot?

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