

AstroFlav IsoMix New Flavor: Strawberry Done Right

written by PricePLOW Staff | December 15, 2022

Since 2019, we've been covering **AstroFlav** with gusto – and for good reason. AstroFlav comes out with excellent, science-based formulas, but they really set themselves apart with their flavors.



AstroFlav has finally released a Strawberry flavor for their whey protein formula, IsoMix.

As many supplement ingredients become more widespread and commodified, there is only so much a company can do to set themselves apart from the rest of the crowd. For AstroFlav, their edge is in their *flavor systems*, and it is a pronounced edge, indeed.

We've covered their **IsoMix** protein formula before, and today they're coming out with a brand new flavor that is sure to get you desperately craving more.

Strawberry – One of the Greats

At every major supplement company, there are scores of flavor technicians tirelessly working to find novel flavors and mixes to stand out from the crowd. Sometimes, though, nothing beats the flavor goliaths: chocolate, vanilla, and *strawberry*.

Today, IsoMix is getting a **strawberry** flavor, and it is hands-down one of our favorites to date. It's difficult to make a strawberry flavor taste *bad*, but it's equally difficult to make it taste *incredible*. AstroFlav has managed it.

We're going to dive into a short summary of the IsoMix formula, and how AstroFlav got it to taste so dang good, but first let's take a look at PricePLOW

for AstroFlav deals, as well as our video review on the new flavor.

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AstroFlav IsoMix Strawberry Macro Profile

NUTRITION FACTS	
Servings Per Container: 28	1 Scoop (33g)
Amount Per Serving	
Calories	120
%	
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Vitamin D 0mcg	0%
Calcium 300mg	23%
Iron 0mg	0%
Potassium 65mg	1%

The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. *Daily Value not established.

Ingredients: Whey protein isolate, natural & artificial flavors, medium chain triglyceride, inulin, salt, silica, guar gum, natural color (beet color), sucralose, acesulfame potassium, xanthan gum, sunflower lecithin.

Contains: Milk, soy, tree nuts (coconut)

- **Calories: 120**
- **Protein: 24g**
- **Total Carbs: 4g**
 - **Dietary Fiber: 1g**
 - **Total Sugars: 1g**

Total Fat: 1g

IsoMix Ingredients

In each single scoop (33 gram) serving of IsoMix Strawberry, you get the following ingredients:

- **Whey Protein Isolate**



Whey protein is the most popular form of protein on the supplement market for a reason. It's highly bioavailable, meaning your body can easily absorb and utilize the protein. Absorption is what counts. It doesn't matter how many grams of protein are in a formula if they aren't *used* by the body for tissue repair. Whey protein *isolate*, specifically, is over 90% pure protein by weight, making controlling your macros much simpler.

Additionally, whey protein is a complete protein source, which means that it contains all nine *essential amino acids*, which are not produced by the body and must be obtained from the diet. There's an incredibly long collection of research that demonstrates whey protein's ability to help improve strength as well as body composition.

- **MCT Oil Powder**

Whereas many protein powders on the market today try to have the purest protein macro profile possible, AstroFlav took a different route with IsoMix by adding **MCT oil powder** to the mix as part of the creaming system and a gram of good, healthy fat.

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AstroFlav IsoMix – a *delicious* pure whey protein isolate with “*Out of This World Flavor*” – is back with six flavors, boosted by MCT and inulin.

Getting good fat sources is a big deal. *Unsaturated* fats like canola or soybean oil are vulnerable to going rancid, even in room temperatures. Consumption of rancid fats, in turn, can be damaging to general health.

MCT oil, on the other hand, is fully *saturated*, making it far less vulnerable to *peroxidation*. Therefore, it is a cleaner, safer choice for satisfying fat requirements.

In practice, the use of an oil in a protein powder really helps the flavor become more enjoyable as a thickening agent and amplifier.

- **Inulin**

Another interesting addition to the IsoMix formula is **inulin**, a prebiotic fiber that’s slightly sweet. Inulin has been found to improve microbiome health. IsoMix doesn’t have a huge dose of inulin, but it really adds something to the texture and taste of IsoMix that’s lacking in many other protein powders.

- **Other ingredients**

AstroFlav opted to sweeten IsoMix with **sucralose** and **acesulfame potassium**, with some added salt for taste. There is also a thickening blend composed of **xanthan gum**, **guar gum** and **sunflower lecithin**.

Also note that they *naturally color* the strawberry flavor with *beet root extract*.

You can read all of the details, with studies cited, in our article titled [AstroFlav IsoMix: Whey Protein Isolate Flavor That's Out of This World](#).

All AstroFlav IsoMix flavors



Don't forget, AstroFlav IsoMix launched with six other exquisite flavors. Check out our up-to-date list below:

Strawberry – Protein Milkshakes

We all love milkshakes. The problem is, of course, that once we start taking our health seriously and counting our macros, it can be difficult to justify consuming all of those empty sugars and carbs.

Luckily, AstroFlav has formulated a high-protein, low-carb protein powder that tastes like a real, *satiating* strawberry milkshake.

AstroFlav's Key To Adherence: Out of this World Flavors



Chocolate Peanut Butter is a must-try IsoMix flavor!

Not many in the supplement game do flavors quite as well as AstroFlav. Almost every delicious addition to their lineup is a *home run*, and their strawberry IsoMix flavor is no exception.

It's important to not underestimate the importance of good flavors, especially in products like protein powders. Protein is a staple in any supplemental regime, consumed regularly and often to maximize growth and recovery. The only way protein powders will be effective for improving body composition is with *consistent* usage, and the only way to guarantee consistent usage is to wrap them in flavors that make you look forward to your afternoon shakes.

AstroFlav sprinkles in a bit of science and a bit of art to routinely produce and release excellent flavors that always leave us wanting more.

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