

Black Magic Supply Multi-Source Protein: Celebrate with Birthday Cake

written by PricePLOW Staff | October 14, 2022

Not exactly the “new kid on the block” anymore, *Black Magic Supply* has stormed the sports supplement market in the last few years. They planted their flag with the BZRK pre-workout, a strong brew of all kinds of berserker-mode ingredients.

Today, though, word has been handed down from Hades that Black Magic Supply has waved their magic wand and granted us an awesome new flavor of their **Multi-Source Protein Powder**. This one will get you pledging allegiance to the dark arts for just one more scoop.

Black Magic Supply Multi-Source Protein: *Birthday Cake* All Year Round



Far from limiting themselves to just whey isolate like much of the industry is doing, Black Magic Supply seeks to create a more dietary holistic protein powder. Instead of trying to tip the macro profile towards pure protein, Black Magic Multi-Source Protein powder has protein sources blended together: *whey protein concentrate, micellar casein, whey protein isolate, and egg protein*, all smoothed together with *MCT powder*.

Birthday Cake – Perfect for celebrating that gnarly workout

We all know that staple, almost-too-sweet flavor that is *birthday cake*. Now, you may think that just because you're in your 30s or are trying to get ultra-jacked in the gym, you'll never be able to taste that classic flavor of celebration again.

Luckily, you're wrong. Through some sort of incantation or other such witchcraft, Black Magic Supply has distilled that buttery, cakey flavor and injected it right into their Multi-Source Protein so you can celebrate with your muscles all year round.

We're going to recap how Multi-Source Protein works, but first let's check for Multi-Source Protein deals from PricePlow, along with our video review of the Birthday Cake flavor:

Black Magic Protein Multi-Source – Deals and Price Drop Alerts

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Without further ado, let's take a look at the label:

Black Magic Supply Multi-Source Protein Macro Profile

Below is what one 38g scoop of *Birthday Cake* yields:

<small>DIRECTIONS: Mix 1-2 scoops to in approximately 8-8 oz of water or milk with a shaker cup until completely dispersed. Use before or after workouts and can be used when protein consumption is desired.</small>			
Nutrition Facts			
<small>Serving Size: 1 SCOOP (38 grams)</small>			
<small>Serving Per Container: 25</small>			
Amount Per Serving		DV%***	
Calories	125		***
Calories from Fat	15		***
Total Fat	1.50 g	3%	***
Saturated Fat	0.5 g	3%	***
Trans Fat	0 mg	0	***
Cholesterol	40 mg	13%	***
Sodium	130 mg	5%	***
Potassium	150 mg	5%	***
Total Carbohydrates	4 g	2%	***
Dietary Fiber	0 g	0	***
Sugars	3 g	0	***
Protein	24 g	48%	***
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	0%
<small>OTHER INGREDIENTS: Whey Protein Concentrate, Micellar Casein, Whey Protein Isolate, Egg Albumin Protein, Peanut Flour, Natural and Artificial Flavors, Xanthan Gum, Sunflower Lecithin, MCT Powder, Cocoa (Processed with Alkali), Sucralose, Lactose, Papain.</small>			
<small>CONTAINS: Milk, Peanut, and Egg</small>			
<small>*** Percent Daily Values (%DV) are Based on a 2,000 Calories Diet † Daily Value Not Established.</small>			

- **Calories: 130**
- **Protein: 24g**
- **Carbohydrates: 6g**
 - **Sugars: 4g**
- **Fat: 1.5g**

While it may not be the cleanest macro profile we've ever seen, there is good reason for that as we'll see below:

Multi-Source Protein Ingredients: Not just whey isolate

- **Whey protein concentrate** is whey protein that's gone through a moderate amount of filtration to remove impurities. It's not as pure as whey protein isolate – it's standardized to between 34% and 80% pure protein by weight – but it retains components like *immunoglobulins*, which are shown to boost immune system function.



- **Micellar casein** is the second most abundant protein source in Multi-Source Protein. Casein is the second group of proteins, other than whey, sourced from mammalian milk, and some well-performed research demonstrates that whey and casein in combination perform better as a protein supplement than either do on their own.
- **Whey protein isolate** is the most filtered form of whey protein, meaning you get even more bang for your buck in terms of easily digestible protein.

- **Egg albumin powder** is derived from egg whites. Egg whites have a high protein efficiency ratio, making it very effective at instituting weight gain in the form of muscle, assuming the rest of your diet and exercise regimen are dialed in.
- Adding a little bit of healthy fat to the mix, medium-chain-triglycerides (MCT) were added to the Multi-Source Protein formula in the form of **MCT powder**. On top of being used as a healthy creamer/thickener, MCT provides your body with a touch of clean-burning energy, leading to an increased metabolic rate, improved cognition, and fat loss.
- Just to make sure all of the above ingredients are properly absorbed and utilized by the body, Black Magic Supply added digestive enzymes **papain**, which helps break down protein, and **lactase**, which helps break down the lactose from the whey and casein proteins.

You can read the details in our main **Black Magic Multi-Source Protein** article, which we wrote when the previous flavor – *Honey Graham* – came out!

Flavors Available

Black Magic Multi-Source Protein has released a total of six delicious flavors – here are the ones currently in stock:



Try out some of the other flavors of Multi-Source Protein. One of our favorites is Honey Graham.

Conclusion: Birthday Cake for Breakfast

Multi-Source Protein goes a different way than many protein powders on the market, and deserves more attention. Science and ingredients aside, Multi-Source

Protein just *tastes good*. We loved their *Honey Grahams* flavor, and now we have Birthday Cake to sip on after our workouts.

Instead of relying heavily (or exclusively) on whey protein isolate, Multi-Source Protein provides a more balanced approach to protein supplementation. With the inclusion of casein and egg protein, it seeks to feed the body with a protein blend that is built to be *used*. With the MCT powder as the cherry on top, Multi-Source Protein is a well-considered alternative to *just* whey protein.

Black Magic Supply isn't a kid anymore. They're here to stay and we can only hope they keep bringing us great products and delicious flavors.



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