

# Honey Grahams! Black Magic Multi-Source Protein

written by Mike Roberto | June 28, 2022

Black Magic Supply made their entry into the supplement arena with the phenomenal pre-workout, *BZRK*. A monster of a formula with huge doses of psychoactive stimulants, *BZRK* offers consumers a bracing look into the mentality steering this radical company whose powers are summoned from “the other side.”



We just discussed the new *Orange Cooler* flavor of *BZRK*, and as promised, Black Magic Supply also released a new flavor for their **Multi-Source Protein** powder. Just like *BZRK* will get people wondering *what possessed your workout*, Multi-Source Protein is designed to get you thinking that your *taste buds* are similarly possessed with dark magic deliciousness.

## Black Magic Multi-Source Protein: Magical deliciousness

You don't have to eat boiled toad with wormwood to reap the benefits of this nutritional witchcraft – Multi-Source Protein comes in a range of delicious flavors, the newest being **Honey Grahams**. We've all had Honey Graham crackers before and, suffice it to say, *most* of us are going to love this flavor.

Since we've never covered Multi-Source Protein here on the blog yet, we do a full deep dive and explain **why casein and whey together is a superior protein blend**. But first, check availability of the new Honey Grahams flavor and see our tasting review:

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

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## Black Magic Multi-Source Protein Nutrition Facts

The nutrition may vary a bit from flavor to flavor, but here's what the new Honey Grahams flavor provides:

# NUTRITION FACTS

Serving Size: 1 Scoop (33g)  
Servings Per Container: 25

Amount Per Serving

Calories: 140

Calories from Fat: 15

	% Daily Value*
<b>Total Fat 1.5g</b>	3%*
Saturated Fat .5g	3%*
Trans fat 0g	
<b>Cholesterol 40mg</b>	13%*
<b>Sodium 130mg</b>	5%*
<b>Potassium 150mg</b>	5%*
<b>Total Carbohydrates 6g</b>	2%*
Dietary Fiber 0g	0%*
Sugars 4g	**
<b>Protein 24g</b>	48%*
Vitamin A 0%*	Vitamin C 0%*
Calcium 8%*	Iron 0%*

Not a significant source of fat or dietary fiber.

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Values not established

**OTHER INGREDIENTS:** Whey Protein Concentrate, Micellar Casein, Whey Protein Isolate, Egg Albumin Protein, Natural and Artificial Flavors, Fruit Whirl Cereal Crunchies (Flour (Corn, Wheat, Oat), Sugar, Contains 2% or less of: Calcium Carbonate, Color (Yellow 6, Red 40, Blue 1, Oleoresin, Annatto Extract), Salt, Natural Flavor, Vitamin C (Sodium Ascorbate), Vitamin A (Palmitate), Reduced Iron, Niacin (Nicotinamide), Zinc (Zinc Oxide), Vitamin B12 (Cyanocobalamin), Vitamin D (Cholecalciferol), Vitamin B6 (Pyridoxine HCl), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine HCl), Preservative (BHT), Folic Acid), Xanthan Gum, Sunflower Lecithin, MCT Powder, Sucralose, Lactas, Papain.

**CONTAINS: Wheat, Milk and Egg.**

**DIRECTIONS:** Mix 1-2 Scoops in approximately 6-8 oz. water or milk with a shaker cup until completely dispersed. Use before or after workouts and can also be used when protein consumption is desired.

TESTED FOR PURITY  
CRAFTED SPELLS  
SUPERNATURAL

Black Magic Supply Multi-Source Protein  
Ingredients and Nutrition Facts

- **Calories: 140**
- **Protein: 24g**
- **Fat: 1.5g**
- **Total Carbohydrates: 6g**
  - **Sugar: 4g**

This is a bit more than a few of the other flavors, but in the case of Honey Grahams, it's *made with real graham crackers!*

Next, let's take a look at the main ingredients in Multi-Source Protein and how they will help you sculpt your berserker body:

## Black Magic Multi-Source Protein Ingredients

In a single *1-scoop* serving of Black Magic Supply Multi-Source Protein, you get the following:

- **Whey Protein (Concentrate and Isolate)**

**Whey protein** is the most common protein supplement on the market today, and we'll tell you why.

For one thing, the particular amino acids that constitute whey are *highly bioavailable*,<sup>[1]</sup> meaning that a large proportion of what you ingest is actually absorbed and used by your body. By contrast, something with *poor bioavailability* mostly passes through your body without being digested (*dietary fiber* is a good example). Compared to whey, plant-sourced protein has *poor* bioavailability.<sup>[2]</sup>

Whey is also *very* insulinogenic,<sup>[3]</sup> which in the context of recovery from exercise is actually a *good* thing. Insulin can *increase* muscle protein synthesis provided you take in a sufficient amount of protein<sup>[4]</sup>, which is the whole point of a protein supplement!

And in fact, although whey stimulates the release of large quantities of insulin, whey supplementation has been shown to *increase insulin sensitivity* (i.e., *decreasing* insulin resistance) because of its effect on the body's *antioxidant capacity*.<sup>[5]</sup> That's because whey is high in *cysteine*, an amino acid that's a precursor to *glutathione*, the body's master antioxidant.<sup>[6]</sup>



Whey is high in *essential amino acids*, defined as amino acids that your body cannot synthesize on its own and must obtain in their complete form from external sources.[7]

Research on whey has repeatedly shown that whey supplementation can accelerate strength and muscle gains.[7-10]

### **But what is whey concentrate?**

There are two main forms of whey on the market today: whey *isolate* and whey *concentrate*.

The difference between the two is the degree of filtration. Whey *isolate* is pure whey and whey *concentrate* varies in purity, from 25% to 89% protein. The remainder of the whey *concentrate* consists of, as you might have guessed, carbs and fat from milk.

Using whey concentrate is not necessarily worse than using whey isolate, but people with dairy sensitivities should take note as whey concentrate is more likely to cause gastrointestinal issues compared to whey isolate.

## Multi-Source Protein has *both* forms of whey!

If you already scanned the ingredients panel, you'll notice that Multi-Source Protein from Black Magic Supply contains *both* forms of whey.

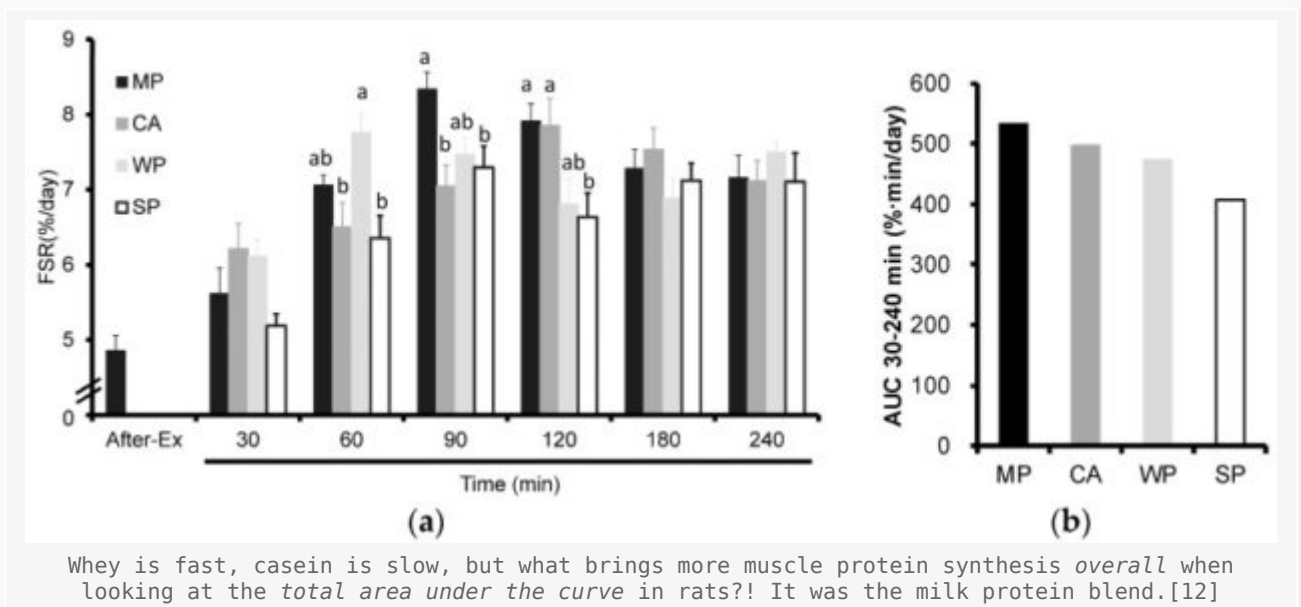
### • Micellar Casein

Between the two whey proteins on the label, we have **micellar casein protein** second on the list, meaning there's a solid dose of it. *Casein* is one of *two* groups of proteins in mammalian milk[11] – *whey* is the other.

Perhaps unsurprisingly, there is some research that shows the *combination* of whey and casein performs *better* as a supplement than either form alone.

You wouldn't be the first to wonder how that's possible. An animal study from 2016 set out to answer this question by randomizing rats to either whey, casein, or milk protein supplementation following exercise. The researchers then measured the rate at which the rats synthesized *new muscle protein* and calculated the *total* effect of each protein supplement (measured as *area under the curve*) on muscle protein synthesis.[12]

They found that *milk protein*, which naturally contains both casein and whey – increased muscle synthesis to a greater extent than either on their own.[12]



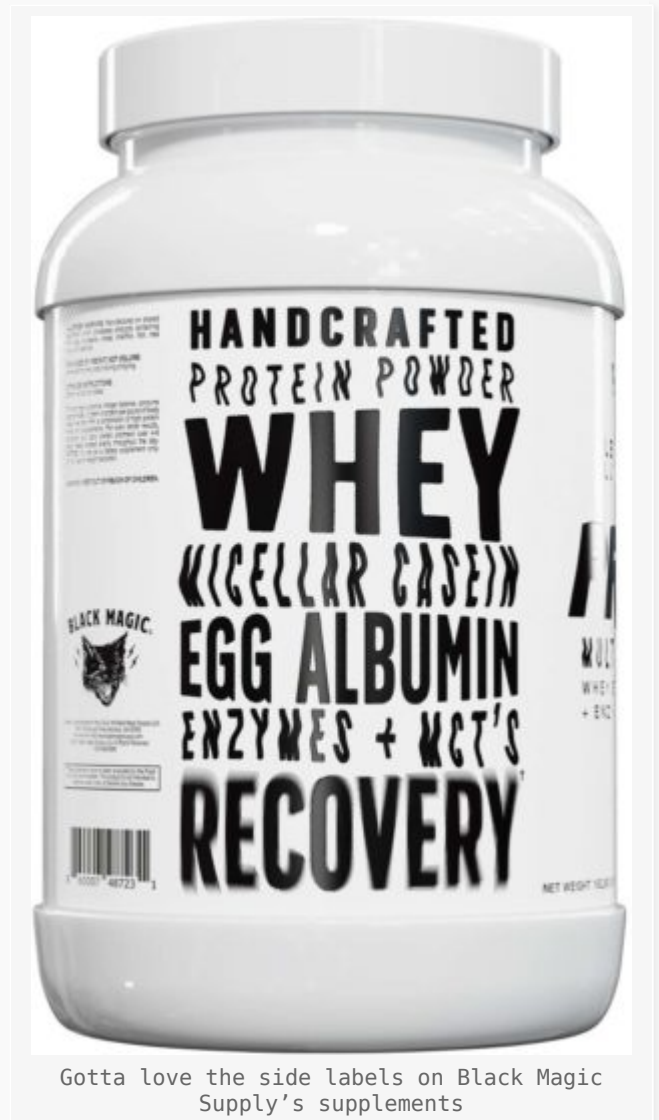
Whey is fast, casein is slow, but what brings more muscle protein synthesis *overall* when looking at the *total area under the curve* in rats?! It was the milk protein blend.[12]

### Why is whey+casein better than whey or casein alone?

One reason why the combination works better is that whey and casein cause muscle synthesis to peak at different times.[12] So taking both at once gives you the best of both worlds: whey acts more quickly for rapid recovery and casein acts over a longer period of time to extend the anabolic response. Human research has demonstrated great effects on strength and body composition

as well.[13]

## Whey and casein work on different growth factors



Muscle protein synthesis is mediated by a number of different messengers and hormones. *Insulin*, as we discussed above, is one of them, and is stimulated by *whey*. *Casein*, on the other hand, causes your body to produce more *insulin-like growth factor* (IGF-1).[14]

Insulin and IGF-1 are anabolic in different ways, and may synergize with each other for a stronger anabolic response. There's at least one study showing that suppressing insulin *or* IGF-1 levels in mice significantly *decreased* the amount of muscle synthesized from food.[15]

- **Egg Albumin Protein**

**Egg albumin protein** is derived from *albumen*, a fancy term for *egg white*. In other words, this is *egg white protein*.

Egg whites are popular with supplement manufacturers and consumers because the protein they contain has an extremely high *rate of net protein utilization* (NPU),[16] meaning that it's highly *bioavailable*.

Egg white protein also has a high *protein efficiency ratio* (PER), which is a measure of a protein's ability to induce *weight gain*. [17] If you're looking to get jacked, you can't do much better than adding egg white protein to your regimen.

Additionally, egg whites have a low phosphorus-to-protein ratio, [18-20] which is great since high phosphorus intake can disrupt your body's ability to metabolize calcium. [21]

- **Medium-Chain Triglyceride (MCT) Powder**



**Medium-chain triglycerides** (MCTs) are a type of dietary fat that contains fatty acids between *six and 12 carbon atoms in length*. [22-25]

Naturally, *short-chain fatty acids* have fewer than six carbon atoms, and *long-chain fatty acids* have *more than 12* carbon atoms.

After being ingested, MCTs are transported to the *liver* where they're rapidly metabolized and made available to cells as usable energy in the form of *ketones*. [26] Importantly, this conversion – MCTs to ketones – occurs *regardless* of your actual blood glucose level, In order words, MCTs give you some of the benefits associated with ketosis, *whether or not* you to follow a ketogenic diet.



Because of MCTs' ability to provide your body with clean-burning energy that *doesn't* affect insulin or glucose blood levels, MCT supplementation can increase your metabolic rate, aid fat loss, improve cognition, and reduce appetite.[22-25]

- **Other Ingredients: Added Digestive Enzymes!**

Multi-Source Protein from Black Magic Supply contains *papain*, an important digestive enzyme that helps your body break down and utilize protein.[27] There's also *lactase*, which helps break down the lactose that's in the whey and casein protein (the *whey protein concentrate* will have the most lactose).

These should both help with digestion, especially since Multi-Source Protein contains lactose, a milk sugar that may be problematic for people who are intolerant of it. Adding lactase assists with its breakdown and digestion.

## Flavors Available

Honey Grahams sound great, but here's what else Black Magic has available out there:



The blueberry muffins flavor has long been a popular flavor!

## Conclusion: Honey Grahams in a Protein Shake

Multi-Source Protein takes a balanced approach to protein supplementation, blending the three most effective supplemental proteins on the market today. The MCT oil is a nice touch, and its effect on appetite certainly can't hurt your body-composition goals.

We love these protein blends – there's not only science to back them up, but they're generally *thicker* and *tastier* than traditional whey proteins as well.

Black Magic Supply has slowly built up quite an arsenal of delicious flavors in Multi-Source Protein, and it's a product that deserves a bit more love. So now if you were looking for a solid post-workout protein after your *BZRK* and *Ecto Plasm* fueled pre-workout, the source is *Multi-Source*.

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BLACK MAGIC SUPPLY MULTI-SOURCE  
**PROTEIN**

**INCREASE MUSCLE BUILDING**

With a superior blend of protein sources like whey, egg and casein, BMS protein will help you build slabs of new muscle by increasing muscle protein synthesis.

**INCREASE RECOVERY**

With its unique blend of protein sources and added MCTs, BMS protein allows you to recover more quickly after your workouts!

**INCREDIBLE FLAVORS**

With 6 amazing flavors to choose from, you will NOT be disappointed with the delicious taste of each one. Unique flavors like Chocolate Peanut Butter Puffs and Cinnamon Toast Cereal, each scoop is like a tasty treat packed with protein!



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