

Black Magic Supply 100% Vegan Protein Now in Peanut Butter

written by Mike Roberto | June 10, 2022

Earlier this year, we scooped the industry with news that *Black Magic Supply* was *tooling up for 2022*, giving a recap of where the edgy brand was and where it was going. Taking a break from the heroic *BZRK Voodoo* limited-edition pre-workout and underrated *Ecto Plasm* stim-free pre-workout, it's time to get those protein numbers up.



Black Magic Supply 100% Vegan Protein is now available in delicious *Peanut Butter* flavor!

In late spring of 2022, Black Magic has a new flavor of their 100% Vegan Protein:

Black Magic in Peanut Butter: 100% Vegan Protein

As of June 9, 2022, **Black Magic Supply's 100% Vegan Protein** now comes in *Peanut Butter* flavor! After first testing the ice cream inspired chocolate flavor, the new PB variation adds a twist for those who want something different from chocolate or vanilla. It comes as a dairy-free alternative to *Black Magic's Multi-Source Protein* powder.

We haven't dug into this unique four-protein blend yet on the PricePLOW Blog, so we'll use this flavor as an opportunity to explain how it's different from the rest.

First, check out prices and availability using PricePLOW, and sign up for our Black Magic news updates, and then let's get into it:

Black Magic 100% Vegan Protein – Deals and Price Drop Alerts

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Black Magic Supply 100% Vegan Protein Nutrition Facts

Black Magic has quite a clean label here compared to other vegan proteins (it may differ from flavor to flavor):

NUTRITION FACTS		
Serving Size: 1 Scoop (37g)		
Servings Per Container: 25		
Amount Per Serving		Calories from Fat: 18
Calories: 110		% Daily Value*
Total Fat 2g		2%*
Saturated Fat .5g		3%*
Trans fat 0g		0%*
Cholesterol 0mg		0%*
Sodium 110mg		5%*
Potassium 100mg		2%*
Total Carbohydrates 2g		1%*
Dietary Fiber 0g		0%*
Sugars 1g		**
Protein 20g		36%*
Vitamin A (as Palmitate)	900mcg	100%
Vitamin B1 (as Mononitrate)	1.2mg	100%
Vitamin B2 (as Riboflavin)	1.3mg	100%
Vitamin B3 (as Niacinamide)	1mg	100%
Vitamin B5 (as Pantothenic Acid)	5mg	100%
Vitamin B12 (as Methylcobalamin)	2.4mcg	100%
Vitamin C (as Ascorbic Acid)	300mg	333%
Vitamin D3 (as Cholecalciferol)	20mcg	100%
Biotin	30mcg	100%

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: Pea Protein Isolate, Brown Rice Protein, Fava Bean Protein, Mung Bean Protein, Sweetly Stevia® (Organic erythritol (Non-GMO), Trehalose, Organic Steviol Glycosides (Rebaudioside Reb A 98%), Peanut Flour, Natural Flavors, Xanthan Gum, Sunflower (Non-Dairy) Creamer, Salt, Steviol Glycoside (95%).

DIRECTIONS: Mix 1-2 scoops in approximately 6-12 oz. of 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.

• **Calories: 110**

• **Protein: 20g**

- Total Fat: 2g
- Total Carbohydrate: 2g
 - Dietary Fiber: 0g
 - Sugars: 1g

In addition, don't miss the **vitamin and mineral blend** on the label shown to the right!

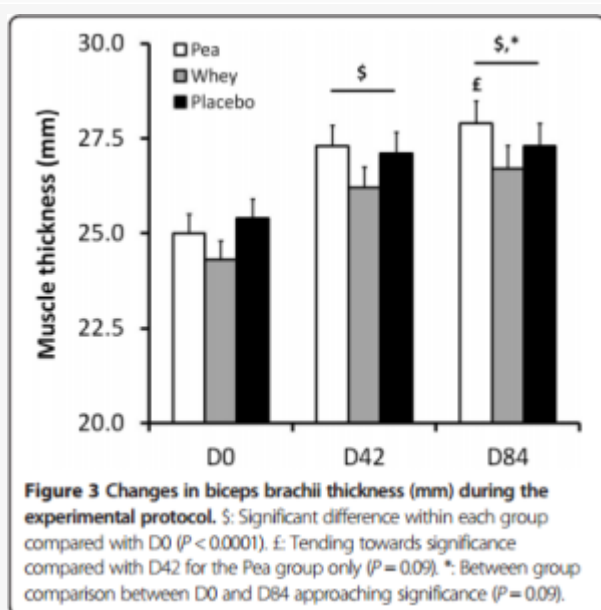
Black Magic Supply 100% Vegan Protein Ingredients

Let's focus on the protein blend, but the *other* ingredients are interesting too – Black Magic is using a *Sweetly Stevia* blend to naturally sweeten the protein:

- **Pea Protein Isolate**

Like most other vegan protein powders, Black Magic Supply begins with **pea protein isolate**, which is smart because it's a *complete protein source*[1-3] with some very solid research backing its use.

As a complete protein source, pea protein has all nine essential amino acids,[1-3] which cannot be produced in the body and must be ingested. However, it is a touch low in methionine,[4] which some longevity researchers consider a benefit. However, Black Magic is targeted towards *athletes*, so in this case, brown rice protein has been added next to cover all essential amino acid bases. Because of this, we definitely consider the blend to be complete.



Pea Protein and Whey Protein were both significantly better than placebo (not surprising), but *not* significantly different from each other.[5]

Regardless of methionine or not, pea protein alone has been shown to have muscle-building and strength-increasing benefits. A randomized, double-blind, controlled study in 2015 showed that athletes using pea protein *alone* gained the same amount of weight during a weight-training program as those who took whey protein.[5]

Another study replicated these benefits, this time employing an exercise program similar to CrossFit.[6]

Pea protein is also very digestible, with a PDCAAS (protein digestibility-corrected amino acid score) of 92.8 out of 100%.[3] All in all, dairy proteins have the most research, but many are opting to go dairy-free, and pea protein has the most real world backing to support its use.

Just in case, however, it's a good idea to round out that amino acid profile:

- **Brown Rice Protein**

Brown rice protein is often used to include additional *methionine*, as mentioned above. It gets 37% of its protein in the form of essential amino acids, and 18% of those are the three *branched-chain amino acids* (BCAAs).[7]



Smooth like peanut butter

Brown rice protein isn't used on *its* own because it's low in the essential amino acid *lysine*.^[4] This is why "rice and beans" are so popular together in so many cultures – they pair very well and cover each other's shortfalls! Smart supplement companies like Black Magic Supply do the same.

In terms of athletic research, a study published in 2013 showed that rice protein had no significant differences in terms of body composition changes or recovery when compared to whey protein.^[8]

Researchers have noted that combining pea protein and rice protein can bring PDCAAs (protein digestibility corrected amino acid score) up to 1.0, or 100%.^[9]

With this amino acid profile fully rounded out, next it's time to round out something else: the *texture*!

Fava Bean Protein and Mung Bean Protein

While pea and rice provide the core of the amino acids, their texture can often be gritty. Black Magic goes above and beyond to remedy this with a blend of **fava bean protein** and **mung bean protein**, helping to provide a *smoother texture*.

Scientifically known as *vicia faba*, **fava beans** come from a flowering plant in the pea family with a legume that's rich in nutrients, especially protein and fiber.[10]

When the fava bean seed is developing, it produces a large amount of protein, including *globulins* (*legumin* and *vicilin*) as well as *albumin*, *prolamins*, and *glutenins*. These have high amounts of *leucine*, *glutamic acid*, and *arginine*. [10]

But *more importantly*, it has a smooth texture!

Similarly, **mung bean** (*vigna radiata*) has similar properties, and its plant is also known for detoxification potential.[11] Mung bean seeds have somewhere between 21 to 32% protein, and 44% of that is essential amino acids. They are high in leucine, but low in methionine and cysteine[11] – which is fine since supplement brands don't use them for those properties anyway.

With these two protein sources added, Black Magic Supply has a texture that's *far* more impressive than your traditional pea or pea/rice protein. They also have a few extra ingredients to help even more:

- **Other ingredients**

-



Black Magic sweetens 100% Vegan with **Sweetly Stevia**, a blend of *erythritol*, *trehalose*, and *stevia*.

You also get *peanut flour* with the peanut butter flavor, *cocoa* with the chocolate ice cream flavor, or *vanilla* for vanilla ice cream.

To smooth it out further, they also add both *xanthan gum* and a non-dairy *sunflower creamer*.

Flavors Available

This section will remain up-to-date with all flavors:

Handcrafted Vegan Protein Powder

Not everyone using these proteins is a *vegan* – some are just looking for *dairy-free* options. However, most vegan proteins aren't even *remotely* close to the milkshake-like texture of whey proteins. Thankfully, brands like Black Magic

Supply are figuring it out – and it comes to down to blends that use a few extra plant-based ingredients to smooth things over.

The brand of *Less Luck, More Skill* puts its slogan to the fire here, so that you can get some dairy-free essential amino acids in after you've had a *BZRK* and/or *Ecto Plasm* inspired pre-workout.

So if you've been turned off by gritty pea protein powders in the past, give this one a shot and you may be pleasantly surprised by how much better companies like Black Magic are making them!

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