

MAN Sports Clean Protein: A Non-Proprietary Protein Blend!

written by Mike Roberto | June 21, 2016



There's been a lot of shots fired lately by certain members of the supplement industry that only one true 100% transparent protein *blend* exists. We've already proven that false on the blog, and now it's going to get even more false, because a new one is coming, and these flavors look *exquisite*.

Today's blog features yet another protein that is completely transparent **and** a blend, this time coming from **MAN Sports**.

Clean Protein is the newest product from MAN that's set to drop a true flavor bomb on the industry.

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Clean Protein Ingredients

Clean Protein as you would expect is transparently dosed and comprised of 3 different types of proteins. MAN Sports not only lists how much of each type of protein is listed, but the amount of protein that each type actually contains.

- **Whey Protein Isolate (8g)**

SUPPLEMENT FACTS		
Serving Size: 1 Heaping Scoop (34g)		
Servings Per Container: 23		
	Amount Per Serving	% Daily Value*
Calories	120	
Calories from Fat	10	
Total Fat	1g	2%*
Saturated Fat	0.5mg	3%*
Cholesterol	30mg	10%
Total Carbohydrate	3g	1%*
Dietary Fiber	1g	4%*
Sugars	1g	†
Protein	25g	48%
Calcium	311mg	31%
Iron	1mg	6%
Sodium	210mg	9%
Whey Protein Isolate	8g	†
(CFM cross-flow micro-filtered, cold processed & instantized WPI 90 Yielding 7.92 complete protein)		
Whey Protein Concentrate	9g	†
(CFM cross-flow micro-filtered, cold processed & instantized WPC 80 Yielding 6.93g complete protein)		
Micellar Casein	6g	†
(CFM cross-flow micro, ultra & nano-filtered, cold processed & instantized MC Yielding 5.15g complete protein)		
Milk Protein Isolate	6g	†
(CFM cross-flow micro & nano-filtered, cold processed MPI 85 Yielding 4.92g complete protein)		
*Percent Daily Values are based on a 2,000 calorie diet.		
†Daily Value not established.		

Other Ingredients: Natural & Artificial Flavors, Cocoa Powder (alkalized), Salt, Xanthan Gum, Sucralose, Acesulfame Potassium (Ace-k), Beet Root Powder (color).

Clean Protein uses 3 different types of protein coming from whey, casein, and milk protein.

When looking among the assortment of protein powders on the market, one form dominates above all the others, **whey protein**. It's low in calories, high in BCAAs, and extremely affordable. It makes perfect sense that Clean Protein would lead off with the king of protein powders.

Whey Protein Isolate (WPI) is a more refined form of Whey Protein Concentrate, our next ingredient, that contains at a minimum 90% protein by mass.[1] It's extremely low in lactose and fats, making it the ideal choice for the lactose

intolerant and those who suffer “belly bloat” from milk and cheaper forms of whey.

- **Whey Protein Concentrate (WPC-80) (9g)**

Our second protein is another form of whey, this time in the form of whey protein concentrate (WPC). This is a slightly lower quality form of whey protein that can technically contain anywhere between 35-80% protein by mass.[1] Often times, companies don't divulge what grade WPC they're using, leading consumers to wonder how good of a quality their particular whey is.

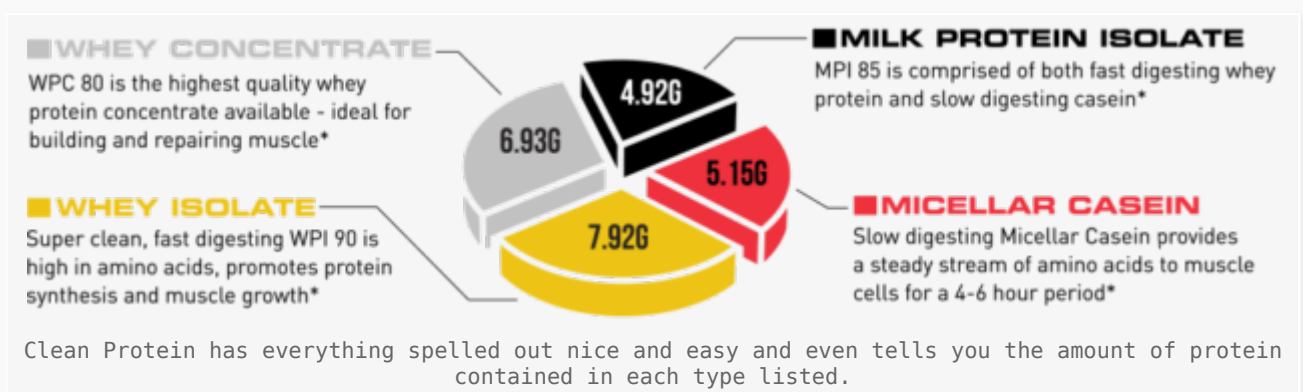
MAN Sports puts that to rest though by telling us right on the label that they use **WPC-80**, the highest quality form of whey concentrate. Even though it contains 80% protein by mass, there's still more carbs and fats here than you would find in an isolate, but seeing as this is part of blend, the amount is rather minimal.

- **Micellar Casein (6g)**

Our second type of protein is the ultra slow digesting casein protein. This accounts for roughly 80% of the protein content in milk and comes from the curds[2] that are left over from the process of cheese making.

While whey protein is known for its thin texture, rapid digestion, and absorption, casein is the complete opposite, it makes for a far thicker and slower-digesting shake.[3] Incorporating casein into Clean Protein helps give a more satisfying and fulfilling product that ultimately has a better “mouthfeel” than a pure whey product would.

- **Milk Protein Isolate (6g)**



Completing the blend of various proteins is milk protein isolate (MPI) which actually contains two different types of protein, whey and casein. Milk typically contains 80% casein protein and 20% whey protein.[4]

Even though we already have both whey and casein in Clean Protein, incorporating this form also helps improve the texture of the powder when mixed in liquid or yogurt. Additionally, it also helps provide a more sustained release of amino acids in the body, thanks to the casein part of milk.

- **The rest**

To help flavor protein and given it some improved texture Clean Protein also contains an natural & artificial flavors, cocoa powder, salt, and xanthan gum. Sucralose and Acesulfame Potassium (Ace-K) are the two artificial sweeteners used, which is pretty standard among proteins, and there's just a dash of Beet Root Powder to help with color.

Macros

Each scoop of Clean Protein weighs 34g and contains the following macros:

- **Calories:** 120
- **Protein:** 25g
- **Carbs:** 3g (1g sugar)
- **Fats:** 1g (0.5g saturated)

Flavors Available



It pays to know what's in your protein and MAN Sports gives it all to you with Clean Protein.

If there's one thing no one can deny is that MAN Sports has some of the premier flavor-ologists on the market. Their ISO-Amino continues to dominate with its unique candy-inspired flavors, and we should expect nothing less than an outstandingly flavored protein as well.

To quench your protein craving, Clean Protein comes in five (5) different flavors:

- **Chocolate Milk**
- **Vanilla Ice Cream**
- **Peanut Butter Bits**
- **Cookie Stuffed Cookie**
- **Unicorn Milk** (whatever magical elixir this is?!)

Takeaway

MAN Sports has done the consumer and supplement industry as a whole a real “solid” here by going the 100% transparent route with their latest product. Too many big companies in the industry still hide behind prop blends in a vast majority of their products and it’s time that practice went the way of the dinosaurs.

Clean Protein doesn’t hide anything and there’s no hint of possible spiking when things are laid out as clearly as they are. Now, all that’s left to do is TASTE the product and see if it delivers as well as we hope it does!

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