

Merica Labz Patriot's Whey is Back for Another Inclusion Revolution

written by Mike Roberto | September 27, 2021

The *revolutionary* protein is back, and it's better than ever!

If your protein powder has had *inclusions* inside recently – you know... huge chunks of cereal and goodness that adds extra flavor and crunch to the powder – then you have these innovators to thank. And after some re-tooling and a full *restoration*, **Merica Labz Patriot's Whey**, the OG superpower inclusion-stuffed protein powder, is back with *six* reformulated flavors!



Patriot's Whey is *back*, and the flavors are better than ever!

Just as foretold in their original revolution, “*this ain't your dad's protein*”. Patriot's Whey is as cutting edge as the idea of America itself, with *massive* cereal chunks and big, bold flavor that will have you hooked from the first scoop to the last.

Independence means *inclusions*

If you've been bored with protein powders, then that ends today. It's the start of a new era of independence: the independence to use inclusions!

As we told you in our recent *Red, White, & Boom* pre workout article, *Merica Labz is rebranded and restored, better than ever. But these tubs make it real. Sign up for our Merica Labz news updates and lets get to the flavors, macros, and protein:*

Merica Labz Patriot's Whey – Deals and Price Drop Alerts

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These flavors are for *real*. If you like that extra stuffed cookie frosting, do *not* miss the *Double Stuffed* flavor!

Patriot's Whey Macros

Supplement Facts
Serving Size: 1 scoop (37.6g)
Servings Per Container: 25

	Amount Per Serving	% Daily Value
Calories	140	
Total Fat	2.5g	3%
Saturated Fat	1.5g	8%
Cholesterol	75mg	25%
Total Carbohydrates	5g	2%
Total Sugars	5g	**
Includes 4g Added Sugars		8%
Protein	25g	
Calcium	170mg	13%
Iron	0.3mg	2%
Phosphorus	140mg	11%
Magnesium	20mg	5%
Sodium	65mg	3%
Potassium	140mg	3%

* Percent daily values are based on a 2,000 calorie diet.
** Percent daily value not established.

INGREDIENTS: Cold-Processed Ultra-Filtered Non-GMO Whey Protein Concentrate, Rainbow Colored Dehydrated Marshmallow (Sugar Modified Corn Starch, Corn Syrup, Dextrose, Gelatin, Sodium Hexametaphosphate, Artificial Color (red 40, yellow 6, blue 1, yellow 5)), Natural and Artificial Color, Natural & Artificial Flavoring, Xanthan Gum, Sucralose. ★ ★ ★ ★

ALLERGEN INFORMATION: Contains Milk. Produced in a facility that also processes soy, fish, shellfish, milk, peanuts, tree nuts, wheat, and eggs. ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Manufactured in a U.S. cGMP Facility.
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Typical Amino Acid Profile
Amount Per Serving

Alanine	1.211g
Arginine	0.673g
Aspartic Acid	2.547g
Cysteine	0.509g
Glutamic Acid	4.312g
Glycine	0.444g
Histidine †	0.431g
Isoleucine ††	1.391g
Leucine †	2.621g
Lysine †	2.299g
Methionine †	0.557g
Phenylalanine †	0.760g
Proline	1.404g
Serine	1.230g
Threonine †	1.684g
Tryptophan ††	0.406g
Tyrosine	0.705g
Valine †	1.417g

† Essential Amino Acids
†† BCAAs
††† The L-Tryptophan indicated is from naturally occurring sources of protein.

The Patriot's Whey labels are all different, so note the ingredients of each one!

As you can imagine, with flavors and inclusions like the above, things are going to vary a lot:

- **Calories: 130-160 (most are 140-150)**
- **Protein: 25g**
- **Fat: 2.5g – 4g**

- Carbs: 2-6g

Ultimately, you're going to have to look at the labels of each one on the Merica Labz website, but in general, the more inclusions you add, the higher your carbs go.

Amino acid profiles included!

One thing we love about these labels are that the amino acid profiles have been included, so that you know you're getting a quality amount of essential amino acids in your protein, including *leucine*. This is unsurprising, given whey protein's superiority in this realm, but great to see on the label regardless.

Patriot's Whey Initial Six Flavors

We know at least a couple more are on the way, but here's what you can expect from the original six flavors that have been revamped from the original launch:

- Chubby Choco Nutz



Now that's one happy protein reviewer... especially given how good the are

Made with chocolate peanut butter puff cereal

- **Double Stuffed**

Made with cookie crumbs from *super stuffed* cookies & cream filled cookies

- **Fortuitous Keepsakes**

Marshmallow frosted toasted oat cereal with huge marshmallow chunks included

- **Independence Cake**

Vanilla Cake with red, white, and blue sprinkles

- **Yankee F'n Doodle**

Cinnamon + sugar toasted cereal flavor with cinnamon cereal squares included

- **Yosemite S'mores**

S'mores flavor with real marshmallows, semi-sweet chocolate drops, and a hit of cinnamon

As for the others coming, you can see them in our price widgets above and below when they're released!

We all know that *high-protein diets* are the first key to overall health, strength, and improved body composition.[1-5] Patriot's Whey is made for those who want it to come with blockbuster flavor, and aren't afraid of a few grams of fat or carbs – generally because you're hitting it so hard in the gym or are looking to *gain* weight with as much flavor as possible.

Patriot's Whey Ingredients and Protein

Again, the supporting ingredients will dramatically vary depending on the flavor, but they all have a few things in common, starting with **cold-processed ultra-filtered non-GMO whey protein concentrate**.

Whey Protein Concentrate

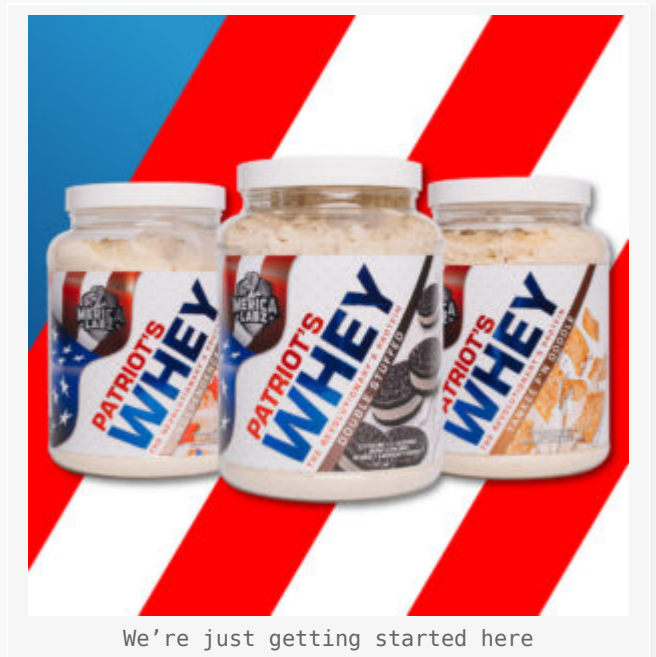


Merica Energy Red White and BOOM cans have been given a proper *restoration*, and they're better than ever!

Several research studies have shown that when combined with a solid exercise regimen and nutrient-dense diet, whey protein helps drive strength and body composition improvements in both men and women.[6-9]

Whey protein concentrate is a type of whey protein that has undergone a stage of filtration and purification to standardize it for protein. It's less processed than whey protein isolate or hydrolyzed whey protein, so it has *more* active components such as *lactoglobulins* and *immunoglobulins* that are beneficial for the immune system.[10] There's more beneficial *lactoferrin* as well.[11]

There's also an incredible amino acid profile,[12] which will vary a bit throughout time as it depends on the cow's breed, diet, and environment. Whey protein is so successful because it has a high amount of leucine, which is the primary branched chain amino acid (BCAA) that drives muscle protein synthesis through mTOR signaling.[13-15]



To contrast the pros of whey protein concentrate – more health-beneficial active constituents – the cons are that you get a bit more carbohydrate and fat content due to the limited amount of processing undergone. Namely, you'll have higher amounts of *lactose* inside. Those who are lactose sensitive or lactose intolerant just may not be able to easily digest Patriot's Whey, but one thing you can consider if you *must* try these inclusion-based flavors (they are so good) is to take some *lactase* before partaking.

Overall, if you can handle whey concentrate, we do recommend it – there's less processing and it's also less expensive because of that.

The flavoring, thickeners, and sweetening

The flavors and inclusions will vary, and a few of the flavors use cinnamon inside. Aside from the whey concentrate, the other two consistencies in Patriot's Whey are **xanthan gum** as a thickening agent and **sucralose** as a sweetener. No flavors have acesulfame potassium ("ace-k"), which will make a few people happy. A couple flavors *do* have guar gum, but we generally don't see problems with that.



Flavors Available and Prices

They're *back*, baby



It's updated, and bringing more energy and pumps than ever! Meet the latest and greatest version of the **Red, White, & BOOM Pre Workout!**

You knew it was coming, and they look and taste as good as planned. As discussed with Doug Miller in Episode #050 of the PricePLOW Podcast, Merica Labz *knocked it out of the park* with their re-release of their Red, White, & Boom pre workout. However, the restoration really began with the updated *Merica Energy* cans, which have some incredible flavors.

When Merica Labz came out with Patriot's Whey, they blew the industry away with

their use of inclusions. We'd seen some small stuff, but *nothing* like the huge cereal pieces they were using. Fortuitous Keepsakes was simply a next-level protein.

However, the branding is better, and the whey concentrate is better too. These proteins have *always* been the talk of the town, and now they're professionally restored, and more flavors above the initial six are coming too. So sign up for our Merica Labz alerts, and get ready to keep the protein revolution going strong:

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