

MusclePharm Combat 100% Whey – Too Little, Too Late?

written by Mike Roberto | February 4, 2016



MusclePharm has finally given us a protein with no junk fillers or free form amino acids with Combat 100% Whey.

MusclePharm is one of the biggest names in the supplement market. They're also one of the ones that have been in a news an awful lot lately for all the wrong reasons.

Between a mix of corporate executives leaving, SEC fines, lawsuits being filed, and lots of concerns about their protein powders, things haven't exactly been peachy for *The Athlete's Company*. Some investors are questioning if they will even survive as a whole!

MSLP Righting the Wrongs?

However, not everything is doom and gloom for MusclePharm. They've taken a step in the right direction with the release of their latest protein powder **Combat 100% Whey**, which is more up to speed with most of the best protein powders on the market than MusclePharm's past offerings.

How is this different than regular Combat?

You'll have to see down below, but first, make sure to check the best deal and sign up for price drop alerts:

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Combat 100% Whey Ingredients

Serving Size: 1 Scoop (32 g)		
Servings Per Container: 70		
Amount Per Serving		
Calories	120	
Calories from Fat	10	
	%Daily Value *	
Total Fat	1 g	2%
Saturated Fat	.5 g	3%
Trans Fat	0 g	
Cholesterol	35 mg	12%
Sodium	65 mg	3%
Potassium	180 mg	5%
Total Carbohydrate	3 g	1%
Dietary Fiber	0 g	0%
Sugars	1 g	
Protein	25 g	50%
Vitamin A		0%
Vitamin C		0%
Calcium		10%
Iron		2%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients:

Whey Protein Isolate, Whey Protein Concentrate, Cookie Crumbs (Rice Flour, Sugar, Tapioca Starch, Palm Oil, Cocoa Processed With Alkali, Corn Starch, Salt, Chocolate Liquor, Natural Flavor, Sodium Bicarbonate, Soy Lecithin), Natural and Artificial Flavors, Cellulose Gum, Guar Gum, Xanthan Gum, Sucralose, Acesulfame Potassium, Soy Lecithin

ALLERGEN WARNING: CONTAINS MILK, SOY (Lecithin). Made in a facility that may also process egg, tree nuts, sesame, peanuts, fish, crustaceans, shellfish, and wheat products.

Combat 100% Whey contains ONLY whey protein isolate and whey protein concentrate. Just how a whey protein product should be.

So the big question, what’s so different about this version of Combat? Well first starters, all of the *filler* that was in the OG Combat has been removed.

Yep, you read that right, there’s not more free form amino acids like Glutamine, Glycine, Alanine, or Arginine. There’s no need to worry about spiking or anything like that, hopefully...

• **The “Good”**

MusclePharm’s newest powder starts off strong with Whey Protein Isolate (WPI) as the very first ingredient. This is the best quality whey that contains 90% protein and virtually no fats or carbs (i.e. lactose).[1] This is great for those who have previously tried Combat and had trouble digesting it due to the higher lactose content.

Next up, we've got whey protein concentrate (WPC). Now, this is a lesser quality form of whey that can have anywhere between 35-80% protein by mass.[1] Ideally, MP would list out exactly what grade of WPC they're using here.

Regardless, this is a massive improvement over regular Combat in terms of a much "cleaner", less junk-filled protein.

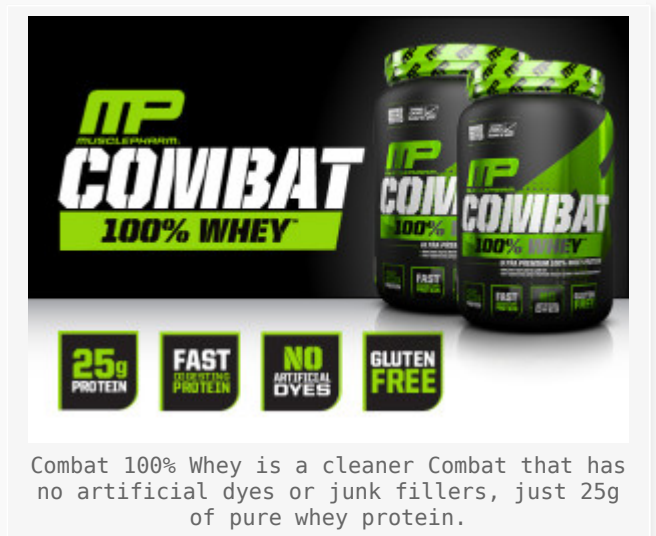
Hopeful lab test disclosure on MPSSI

A while back, we did some analysis of the MusclePharm protein powder lab tests that are available at their Sports Science Institute (MPSSI). We hope that they continue to put tests up there, and it'd be great to add this Combat 100% Whey there as well.

- **The "Bad"?**

We're happy to say this, but **there's no "bad" in here**. There's no mention of any free form aminos floating on the ingredient list or trans fats from thickeners/creamers. Good deal.

- **The Rest**



Rounding out the rest of the ingredient list are the typical ingredients you'll find on most other protein powders on the market. This includes the usual assortment of natural and artificial flavors, thickeners like guar gum, salt, and the artificial sweeteners Sucralose (Splenda) and Ace-K.

Macros

Each 32g scoop of Combat 100% Whey will have:

- **Calories:** 120
- **Protein:** 25g
- **Carbs:** 2-3g (1g sugar), depending on the flavor
- **Fats:** 1g (0.5g saturated)

Flavors Available



At launch, Combat 100% Whey won't have as many flavors as regular Combat does, but they will have three of the best tasting flavors to choose from, including:

- **Chocolate Milk**
- **Cookies 'N Cream**
- **Vanilla**

Wrap Up

MusclePharm has taken the first step towards rebuilding their image and credibility in the industry after several rough, tumultuous months in court. The real question is, is it too little too late for the giant and their hungry team of investors?

Have the past actions permanently tarnished their brand with consumers, many who have since moved on to other things?

Time will tell, but they're certainly trying to rebuild that trust by releasing

the first of hopefully more high quality, “clean” products to the market.

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References

1. McDonough FE, et al; “Composition and properties of whey protein concentrates from ultrafiltration”; *J Dairy Sci.*; 1974; Retrieved from <https://pubmed.ncbi.nlm.nih.gov/4443458>