

# Myprotein's 4th of July Bash: Rocket Pop Clear Whey Isolate & The Pre-Workout

written by Mike Roberto | July 2, 2022

*Myprotein's US division is celebrating the 2022 4th of July with a **Rocket Pop** flavor extension of their **Clear Whey Isolate** and **The Pre-Workout**!*

One of our favorite parts of the sports supplement industry are the *limited-edition* launches that happen throughout the year. One brand that's done *especially* well with this is **Myprotein**, who uses any occasion they can find to pump out a crafty flavor of their flagship *Clear Whey Isolate* – even launching a *Green Apple* flavor on St. Patrick's Day!



But the 4th of July is extra special because we get to bask in the irony that Myprotein is a UK-based company, yet in America we're celebrating our *independence* from them! It's all good now, as the two nations are allies once again, making these types of launches fun and interesting.

## MyproteinUS Launches Rocket Pop in two products for the 4th of July

This year, not only do we get a **Rocket Pop** flavor to celebrate, but we get it in a new form as well! Last year, we had the Rocket Pop in **Clear Whey Isolate**, and it was a hit, selling out very quickly. This year, it's back, but we *also* have a brand new **Rocket Pop The Pre Workout**!

Let's show the coupon-based prices on both of these, then get into our video and a brief overview of the ingredients:

# Myprotein Clear Whey Isolate – Deals and Price Drop Alerts

## Get Price Alerts

Get Clear Whey Isolate Price Alerts  
Get Myprotein alerts  
Get Whey Protein Isolate price drops

Also get hot deal alerts

*No spam, no scams.*

**Disclosure:** PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

# Myprotein THE Pre-Workout – Deals and Price Drop Alerts

## Get Price Alerts

Get THE Pre-Workout Price Alerts  
Get Myprotein alerts  
Get Pre Workout Supplements price drops

Also get hot deal alerts

*No spam, no scams.*

**Disclosure:** PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

## What is Rocket Pop?



The wonderful Jaimee Linehan joins Myprotein to celebrate 4th of July with some Rocket Pop Clear Whey Isolate!

Every brand is free to do as they choose with their *Rocket Pop* style flavoring, but they're normally based upon the classic multicolored *red, white, and blue* patriotic popsicles.

Generally, this means a combination of *cherry, lemon-lime, and blue raspberry* flavors, and it's up to the flavorist to choose how heavily to go in the lime department, or how "dark" they want their cherry flavor to be.

Myprotein's Clear Whey Isolate has actually had a couple very good cherry flavors, so they didn't go too aggressively on that in 2021, and they split the lemon/lime right down the middle. It may not *seem* like it'd make sense in a protein powder, but as you'll read below, *Clear Whey Isolate* is no normal protein powder.

As for The Pre Workout, you'll have to watch the video when it's up above – this is the newcomer for 2022!

## What is Myprotein THE-Pre Workout?

**Myprotein THE Pre-Workout** has become Myprotein's flagship pre-workout supplement, and it greatly differentiates itself from the pack thanks to its *low* caffeine content – just 150 milligrams per scoop! However, next to that, you will see some clinically-dosed pump and ergogenic ingredients, making it an incredible lower-stimulant option.

It's part of Myprotein's *Pro Range* (in black tubs and names that begin with the

word “THE”), and Myprotein leans on it *heavily* with new flavors, many of which we’ve reviewed and shown in posts and articles linked below.

In each scoop of THE Pre-Workout, you get the following fully-disclosed formula:



- **Nitric Oxide Booster**
  - L-Citrulline – 4000mg
- **Strength and Performance**
  - Betaine Anhydrous – 2500mg
  - Creatine Monohydrate – 2000mg
  - Beta Alanine – 2000mg
- **Focus and Energy**
  - N-Acetyl L-Tyrosine – 750mg
  - Caffeine Anhydrous – 150mg
  - Theacrine (as Teacrine 40%) – 50mg
  - Choline Bitartrate – ~500mg\*

*\*Don't miss this one – it's actually only shown up in the %DV vitamins area up top!*

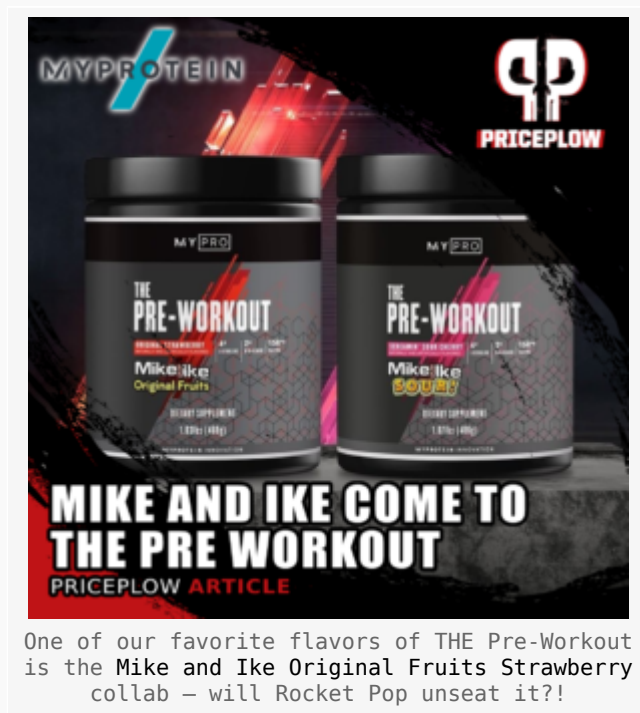
- **Absorption**

- AstraGin – 25mg
- BioPerine – 2.5mg

- **Added Vitamins and Minerals**

- Niacin – 15mg (94% DV)
- Folic Acid – 416mg (104% DV)
- Vitamin B12 – 25mcg (1041% DV)
- Choline – 206mg (37% DV)\*

So with just 150 milligrams of caffeine, you can get a clinical dose of citrulline and betaine, and *possibly* creatine depending on your size (most of us excrete 2 grams daily, and this may be all you need to stay at saturation – especially women). While the beta alanine isn't clinically-dosed, it's not over the top either. And for a big day, 1.5 to 2 scoops brings a very solid pump.



Myprotein's had this product out for almost 3 years now, and you can tell it's successful by how many flavor launches they've put into it. While other companies have been going *up* in caffeine, they stayed low, capturing an entire demographic that had been neglected and looking for this exact supplement.

You can read the details on our main *Myprotein THE Pre-Workout* article.

## All The Pre-Workout flavors available

Rocket Pop's not your thing? See the other flavors that are currently available:

## What is Myprotein Clear Whey Isolate?

Another product Myprotein has leaned heavily into is the wonderful and unique **Clear Whey Isolate**. This is a whey protein isolate that uses a *hydrolyzed* whey protein isolate powder that's so highly-refined, it settles *translucently!*



Happy 4th of July! Celebrate in *high-protein* fashion with a **Rocket Pop** flavored Clear Whey Isolate form Myprotein! (Last year's image)

It still has a complete amino acid profile like other whey protein isolates, but because it's been pre-treated to an enzymatic process, the amino acid chains are *shorter*, making them easier to break down and absorb in your gut.

This leads to benefits like a quicker uptake and less GI distress, but the *real* fun is that it lends itself to *sweet and fruity flavors!* And that's how you get a really unique and delicious *Rocket Pop* flavor that actually makes sense in a protein.

Clear Whey Isolate is generally like a cross between an amino acid / EAA drink and a thin whey protein isolate. It's *perfect* with lots of water and tons of ice, and those who are tired of sludgy dairy-based shakes and chocolate/vanilla flavors generally love this.

The one caveat is that these shakes take some time to settle perfectly, but it's worth the 30-60 second wait.

You can read the details in our main *Myprotein Clear Whey Isolate* article.

All Myprotein Clear Whey Isolate flavors available



## Happy 4th of July!

Call us spoiled, but we've come to *expect* new Clear Whey Isolate flavors on various holidays and celebrations throughout the year. However, bringing *The Pre-Workout* to the 4th of July party is a very welcomed addition this year. This has become a staple pre-workout supplement for thousands of customers who are tired of pre-workouts exceeding 300 milligrams of caffeine.

We joke about the UK/US divisions of Myprotein, but we *don't* joke about freedom and health – two things you can improve by staying strong, lean, fit, and free-thinking. Today we covered two products that can help you achieve those goals, and there's no better flavor than *Rocket Pop* to deliver the punch.

## Myprotein Clear Whey Isolate – Deals and Price Drop Alerts

### Get Price Alerts

Get Clear Whey Isolate Price Alerts Get Myprotein alerts Get Whey Protein Isolate price drops

Also get hot deal alerts

*No spam, no scams.*

**Disclosure:** PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

## Myprotein THE Pre-Workout – Deals and Price Drop Alerts

### Get Price Alerts

Get THE Pre-Workout Price Alerts Get Myprotein alerts Get Pre Workout Supplements price drops

Also get hot deal alerts

*No spam, no scams.*

**Disclosure:** PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.



**FOURTH OF JULY SALE!**  
**45% OFF**  
**SITE WIDE**  
CODE: JULY45  
[SHOP NOW](#)

MYPROTEIN  
CLEAR WHEY ISOLATE  
DIABETES FRIENDLY  
NON-DIETARY  
SWEETENED

Hope you didn't miss out on this Myprotein 4th of July Sale!