

Myprotein Clear Whey Isolate Mike and Ike Caribbean Punch & Sour Watermelon

written by Mike Roberto | December 1, 2021

Myprotein is keeping the collab release cadence going strong – alongside a monstrously-dosed post-workout collab with *Eddie Hall's All-in-One Protein*, the supplement behemoth is getting back to their favorite product – *Clear Whey Isolate* – re-igniting another major collaboration with two flavors.

New Myprotein *Mike and Ike* Clear Whey Isolate Flavors!



Myprotein is back with *more* Mike and Ike Clear Whey Isolate flavor collabs: Caribbean Punch & Sour Watermelon Clear Whey Isolate... and these two flavors are (1) insanely good, and (2) insanely sour, respectively!

In May of 2021, we announced *Myprotein's* collaboration with *Mike & Ike candies*, launching two Clear Whey Isolate flavors (*Strawberry* and *Screamin' Sour Cherry*).

They're at it again, launching another *sour* -vs- *sweet* flavor duo this fall:

- **Mike and Ike *Caribbean Punch***
- **Mike and Ike *Sour Watermelon***

We knew it'd be tough to beat the original Mike and Ike Strawberry flavor, but here's a hint: *Myprotein did it!* If you're on the hunt for a *different* kind of protein powder – a lighter, fruitier kind that drinks more like a beverage – then you've come to the right place.

We dig in below, but first check PricePLOW's coupon-powered prices and sign up for alerts, because as we requested in our original Mike and Ike announcement,

we wanted this collab brought to their *pre workouts*, and that was done as well, and we'll be covering it soon:

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MIKE AND IKE AND MYPROTEIN!
CLEAR WHEY ISOLATE COLLAB
PRICEPLOW ARTICLE

Mike and Ike and *Myprotein!* The industry's latest flavor collab is for Myprotein's Clear Whey Isolate, and we hope there's a lot more coming!

For a brief introduction to Mike and Ike, see our previous article titled *Mike and Ike Joins Myprotein for Clear Whey Isolate Flavors*. Worth noting is that the Caribbean Punch flavor comes from Mike and Ike *Mega Mix* boxes (teal blue colored candy) while the Sour Watermelon flavor comes from the *Mega Mix Sour* boxes.

Now that you've seen the review above, you know the two key takeaways:

1. Sour Watermelon was so sour it *ruined* our humble reviewer
2. Caribbean Punch is the *best* flavor we've had yet, and that's saying a *lot!*

Now we get to the formulas:

What is Myprotein Clear Whey Isolate?

As you can tell, this is quite a unique protein powder, thanks to its refreshingly sweet, *fruity* flavors that are the exact opposite of the standard old chocolate/vanilla protein shakes. These are more like *drinks* or *beverages*, since they settle translucently and are amazing with ice cold water.

Myprotein has made this into somewhat of a “flagship” product, producing some of their favorite collabs and seasonal / limited-edition flavors with this powder. We originally covered it in our article titled *Myprotein Clear Whey Isolate Clears the Way for Refreshing Flavors*, but have additional details below:



A match made in candy heaven: Mike and Ike and Myprotein!

A serving (~26 gram scoop) of these two Clear Whey Isolate flavors yields:

- **Calories: 90**
- **Protein: 20g**
- **Carbohydrates: 2g**
 - **Sugars: 0g**
- **Fat: 0g**

Admittedly, these two flavors have more carbohydrates and calories than most other flavors... but if you can't tell from the review above, it's *worth* it. It's fantastic for post-workout recovery, as a snack, or even a cool refreshing drink when the weather gets too hot.

Myprotein Clear Whey Isolate Ingredients – *Hydrolyzed* Whey

Isolate



Myprotein sponsored athlete @byjemmi is all about this incredible Caribbean Punch flavor

Myprotein makes it all happen by using **hydrolyzed whey protein isolate** as the only source of protein. Whey protein isolates have a minimum of 90% protein by weight, going through multiple filtration (isolation) processes that remove as much carbohydrate, fat, and milk sugar (lactose) content as possible. At this point, most consumers know that when paired with a sound exercise and diet program, various forms of whey protein work for both men and women in improving body composition, fat-free muscle mass, boosting strength, and helping with weight loss.[1-4]

The hydrolysis process, however, gets us even further. Not only does hydrolyzed whey protein isolate make the protein mix thinner, allowing for these fun fruity flavors, it gets absorbed faster and requires less work for your digestive system! This helps the body get the essential amino acids into the bloodstream quicker, leading to a faster insulin response[5] and improved glycogen reload,[6] resulting in better recovery.[7]

It's all thanks to how the hydrolysis process, which uses enzymes to "pre-digest" the protein powder, making the longer-chained bonds a bit shorter and easier to absorb and digest.[8] It makes the powder thinner and clear-settling, yet still leaves us with all nine essential amino acids and plenty of leucine.

Then Myprotein adds in the top-secret Mike and Ike flavor systems (natural and artificial flavors), *sucralose* and *acesulfame potassium (Ace-K)* sweeteners, and some maltodextrin is added to these two flavors.

Flavor Variations



We've covered a *ton* of these flavors, and Mike and Ike Strawberry and Mike and Ike Caribbean Punch are easily some of our favorites.

Below is an up-to-date list of all Clear Whey Isolate flavors that are *currently* in stock:

The Myprotein Mike and Ike Collab is going incredibly well



World's Strongest Man Eddie Hall gets his own range at Myprotein, starting with the All-in-One Protein for serious recovery!

Everyone knows Myprotein for their proteins – you'd be surprised how many they can keep whipping out without getting repetitive or boring. Whether you're into Eddie Hall's The All-in-One or the *Layered Bar* protein bar or refreshing Clear Whey Isolates... or insanely sour flavoring... they've got it for you!

We're happy to see this collab keep going, Strawberry flavor tasted amazing, but Caribbean Punch somehow bested it.

More is already out... get ready for Mike and Ike pre workout!

But even better, in our previous Mike and Ike announcement, we said that "we've told their team that they *must* bring these flavors into their Pre Workout and Amino Acid supplement series" – and they did exactly that!

So get ready for future coverage of new flavors of The Pre Workout and much more. To stay on top of the news, subscribe to our Myprotein news below:

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