

Myprotein THE Whey: Now in Decadent Coconut Caramel Fudge

written by PricePLOW Staff | November 29, 2022

It's that time of the month again: **Myprotein** is here to rock us with yet another sinfully sweet addition to their flavor lineup. Empires may rise and fall, but one thing that remains constant is that Myprotein *refuses* to let us get bored with the same flavors every day.

The Whey is one of the core products of MyProtein's *Pro Range* line, and it puts an awesome twist on good ol' whey protein isolate. Packing a bunch of *probiotics* and *digestive enzymes*, The Whey has been designed to emphasize *absorption*.



This one comes hot after the unique *Jelly Doughnut* flavor – Without further ado, let's take a look at the new flavor:

Myprotein The Whey: Coconut Caramel Fudge!

Coconut, *caramel*, and *fudge*. Three flavors, all ridiculously irresistible to any sweet-toothed athlete, combined into one *decadent* display of mouth-watering goodness.

It's like taking a bite of german chocolate cake – that porous, spongy cake topped with a luxurious ambrosia composed of caramel and coconut flakes. It feels kingly to take a sip of this flavor after a long battle with the barbell.

While you sit on your stately throne sipping from your shaker bottle, you can rest assured that behind the scenes, The Whey is serving up a solid mass of protein, shepherded by everything your body needs to absorb it most effectively.

Using digestive enzymes **Aminogen** and **Digezyme**, as well as **BC30** – a powerful probiotic strain – The Whey makes every gram of protein count.

We're going to get deeper into what makes THE Whey special (it's part of Myprotein's *enhanced* "Pro Range"), but first, let's check the PricePlow for good deals, and check out our *video review* of the new flavor:

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It can be difficult figuring out how to work coconut, caramel, and fudge into your diet if you take your fitness seriously. Luckily, you don't have to give up the flavor. It's here, and it packs a rich, creamy punch.

THE Whey Coconut Caramel Fudge: Nutrition Facts and Macros

Nutrition Facts	
About 30 Servings per Container	
Serving size	1 Scoop (38.1g)
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 170mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 26g	52%
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 2mg	10%
Potassium 300mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- **Calories: 150**
- **Protein: 26g**
- **Total Carbohydrate: 6g**
 - **Total Sugars: 3g**
 - **Added Sugars: 2g**
- **Total Fat: 2g**
 - **Saturated Fat: 1g**

THE Whey – The Mechanics

We've already gone through the rundown for Myprotein THE Whey on the PricePLOW Blog, but here's a quick recap on the ingredients:

- **Whey protein isolate** has a 90% purity rating, meaning it is 90% protein by

weight – one of the highest ratings in the industry. This makes it perfect for tightly managing macros. Per the label, we're getting **12 grams of protein from the WPI-90**.

- In addition to whey protein isolate, The Whey also contains **whey protein concentrate** and **whey protein hydrolysate**. While not as pure as whey protein isolate, these forms of whey do provide a digestibility boost, meaning more protein will be utilized by your body. Here, we're getting **8 grams of protein from WPC-80** and **5.5 grams of protein from Whey Protein Hydrolysate**.

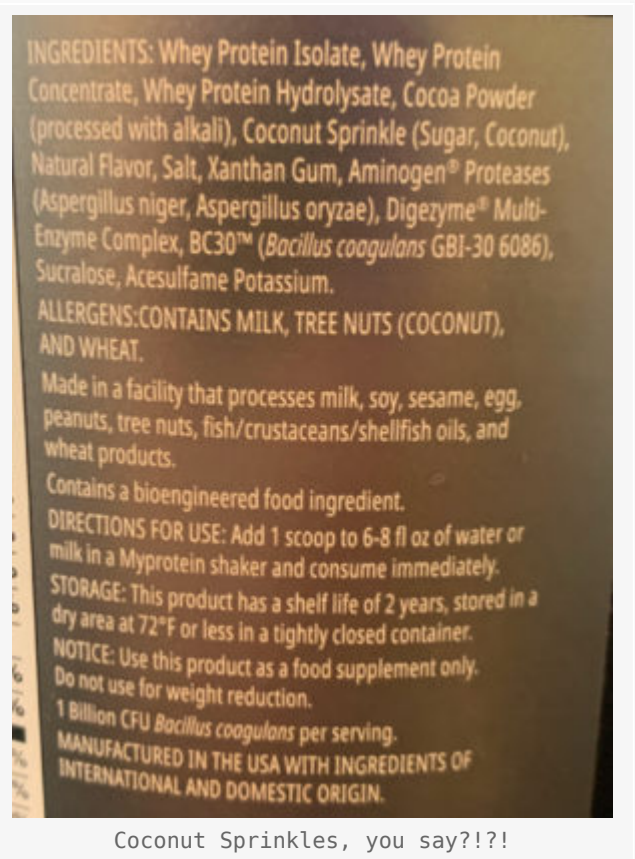


The protein sources are fully disclosed... and in case you didn't know, this is also NSF Certified for Sport so drug-tested athletes can safely use it!

Aminogen, an enzyme formula containing *proteases*, enables your body to break down and absorb the amino acids from whey protein.

- **Digezyme** is an enzyme *blend* that incorporates proteases – like Aminogen – and every other major enzyme group – **lactase**, **protease**, **lipase**, **cellulase**, and **α-Amylase**. This aids your body in digesting all of the other components of the protein blend, particularly the protein (with *protease*) and the lactose (with *lactase*) found in greater quantities in the whey protein concentrate and hydrolysate portions of the blend.
- **BC30** is a patented probiotic formula that supports general digestive health and improves protein utilization.

You might be wondering about the protein. It only adds up to 25.5 grams up above... don't worry, Myprotein has disclosed that the **Cocoa Powder provides 0.5 grams of protein** as well! But this flavor gets *even better*:



Coconut Sprinkles, you say?!?!

This one has *inclusions*!

Myprotein needs to broadcast this one – on the label of the tub, it says **Coconut Sprinkle (sugar, coconut)**!! This means we have *inclusions*, and they're sweet coconut bit ones to boot! Very unique and delicious addition that does increase the carb count, but makes it so good!

Again, you can read our main **Myprotein THE WHEY** article for the details.

ALL THE Whey flavors

It's no secret: Myprotein comes out with a *lot* of flavors. We recently reviewed Jelly Doughnut, and we were big fans. Here is a list of the flavors currently available for THE Whey:



We're excited to try this one... hopefully by the time you've read it, our YouTube review will be up above!

Coconut, Caramel, and Fudge – what's not to love?

Just because you're hitting the gym four days a week and counting your calories doesn't mean you have to give up everything. One of the awesome things about the modern supplement industry is that nearly every flavor can be reproduced and packaged in a powder that supports, rather than hinders, your goals. And on this front, MyProtein has been leading the charge.

Myprotein has given us countless amazing flavors, and Coconut Caramel Fudge is no exception. The texture is smooth, and the taste is well-balanced – it incorporates each component in a very satisfying ratio. None of them are overpowering, and they work together synergistically.

Add that to the fact that The Whey has been optimized to support digestion, and you're left with a definite winner.

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