

NutraBio Muscle Matrix Ice Cream Cookie Dream is Now a Reality!

written by Mike Roberto | May 8, 2020



NutraBio continues to expand their flavor options, but this time, their **Muscle Matrix** protein blend is getting all the love... and it's well deserved! There are several blends on the market, but very few like this one, since NutraBio uses two of the highest quality protein sources that exist: *whey protein isolate* and *micellar casein*. Because of that, Muscle Matrix holds a special honor, as it contains the ultimate ratio of fast and slow digesting proteins to supply your muscles with amino acids for nearly *four hours*. Furthermore, it's rare to find a protein blend that has a *fully-disclosed* supplement facts panel.

Ice Cream Cookie Dream Muscle Matrix: Crush Cravings And Stay Anabolic



Although Muscle Matrix already comes in several great tasting flavors, *Mike Perez*, NutraBio's flavor scientist, decided it was time for an upgrade. First, they replaced the old chocolate peanut butter with the new and improved *Chocolate Peanut Butter Bliss*. Now, NutraBio is ready to make your dreams come true, with the addition of **Ice Cream Cookie Dream Muscle Matrix!**

This new flavor system is a huge improvement from their original cookies n' cream flavor. We already tried it in the *Ice Cream Cookie Dream Classic Whey* as well as *Ice Cream Cookie Dream 100% Whey Protein Isolate*, and we can tell you that it has a *solid vanilla ice cream base*, with hints of *cookies and cocoa mixed in*.

This is not your average cookies n' cream – and it actually reminds us more of *Cookie Crisp Cereal!* Ice Cream Cookie Dream was one of NutraBio's most popular flavor releases from last year, so adding it to Muscle Matrix is a home run!

We have some more info on Ice Cream Cookie Dream Muscle Matrix down below. But before we go any further, make sure to sign up for NutraBio news and deal alerts to save some cash and get notified when new products drop!

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Ice Cream Cookie Dream Muscle Matrix A Must-Try!



Ice Cream Cookie Dream was first released in *Classic Whey* and *100% Whey Protein Isolate (WPI)*, two of NutraBio's best selling protein powders. We were extremely impressed with how much flavor and creaminess NutraBio was able to deliver with

such minimal ingredients. However, both of those protein powders only contain *whey protein*, which tends to have a *thinner consistency*.

Since Muscle Matrix has a hefty dose of *micellar casein*, we expect it to bring an even *thicker and more milkshake-like consistency!* This would be perfect for the Ice Cream Cookie Dream flavor system, but it's worth noting that Classic Whey is the *creamiest* of the bunch, while the casein in Muscle Matrix will add a dash of grit to the texture with its thickness.

Anabolic Cookies?

With a solid amount of *whey protein isolate* included along with the casein, Muscle Matrix is good to use at *any time* throughout the day. Pure whey protein powders are most ideal pre or post workout since they digest rapidly, but we prefer a casein-based shake before bed, for instance.

The combination of two protein sources prolongs the amount of time amino acids are in your bloodstream, keeping you *anabolic* for up to four hours. With this blend, we think that Muscle Matrix is the most underrated protein powder NutraBio offers, and we're glad to see it getting the spotlight with the addition of new delicious flavors!

Ice Cream Cookie Dream Muscle Matrix Supplement Facts

NutraBio has been crushing the flavor game lately, but the quality of their protein has *always* been their main priority. Remember, they're one of the only companies to put *third party tests* online for the consumer to see.

It's obvious that NutraBio has nothing to hide and they value quality above all else when it comes to manufacturing high quality supplements. Muscle Matrix is a perfect example of that, since it lists exactly how much of each protein source is used. And the Ice cream Cookie Dream flavor is *unreal*, especially considering how *macro-friendly* it is!

Supplement Facts

Serving size: 1 scoop (32.57 grams)

Servings per container: 27.85

| Amount Per Serving | % Daily Value |
|-----------------------|---------------|
| Calories 120 | |
| Total Fat 0.5g | <1%* |
| Cholesterol 10mg | 3%* |
| Total Carbohydrate 2g | <1%* |
| Total Sugars <1g | † |
| Protein 25g | 50%* |
| Calcium 389mg | 30%* |
| Phosphorus 173mg | 15%* |
| Magnesium 13mg | 4%* |
| Sodium 275mg | 10%* |
| Potassium 125mg | 2%* |

Whey Protein Isolate (non-denatured) 16.31g †
(CFM cross flow micro and ultra-filtered WP90. Cold processed.)
(Instantized with sunflower lecithin. Yielding 14.19g complete protein.)

Micellar Casein (non-denatured) 13.68g †
(Cold processed. Instantized with sunflower lecithin. Yielding 10.81g complete protein.)

Flavoring 2.58g †
(Natural and artificial flavors 900mg, cocoa powder 750mg, Salt 600mg, xanthan gum 150mg, sucralose 100mg, acesulfame potassium 80mg.)

* Percent Daily Values are based on a 2000 calorie diet.
† Daily Value not established.

Other Ingredients: ABSOLUTELY NONE.

Check out that ingredient panel! Complete transparency as always!

Here's what one serving (32.57g) of Ice Cream Cookie Dream Muscle Matrix provides:

- **Calories: 120**

- **Protein: 25g**

(Composed of 14.19g from Whey Protein Isolate and 10.81g from Micellar Casein)

- **Carbohydrates: 2g**

- **Sugar: <1g**

- **Fat: 0.5g**

Both low-carb *and* low fat – doesn't get too much better than that!

All Flavors Muscle Matrix Has To Offer!

It's great to see that Muscle Matrix is starting to get some of the new and improved flavor systems and there are several great options to choose from! It

all started last year, when the brand released Muscle Matrix in the superb *Strawberry Pastry* flavor, which is arguably the best strawberry flavored protein on the market.

Then came *Chocolate Peanut Butter Bliss*, a unique twist on the classic chocolate peanut butter flavor that's *nut allergen-free!* And now, you have the phenomenal *Ice Cream Cookie Dream!* You really can't go wrong with any flavor, and NutraBio guarantees the quality is unmatched.

Muscle Matrix Flavor List:

Here's an up-to-date list of all Muscle Matrix available flavors:

NutraBio Keeps Crushing the competition!

With every new product and flavor launch, NutraBio continues to impress us and their fans! At this point, NutraBio seems *unstoppable*. Starting at the tail-end of 2018, they've been releasing products nonstop, along with expanding their team of sponsored athletes.



It's incredible to see a company that's been around for over *20 years* continue to grow, progress, and adapt to the ever-changing supplement industry. NutraBio has become one of the most well-respected brands because their values never change despite what anyone else is doing. Quality, transparency, honesty, and giving their customers the best products they can create are some of the things NutraBio values most.

If you haven't tried their supplements yet, we would highly recommend them, because then you'll fully understand what makes NutraBio stand out. Get ready

for much more to come in the future, because *Mark Glazier, CEO of NutraBio*, is never satisfied – and now he's got *Eric Schwartz* as VP of marketing to carry out the plan. The team is always looking for gaps to fill within the industry, and want NutraBio to be more than just a sports supplement brand. If you want to stay updated on everything NutraBio, subscribe down below, because PricePlow has you covered with the latest news, reviews, interviews, and deals!

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