RAW Nutrition CBum Itholate Mint Chip Ice Cream

written by PricePlow Staff | October 9, 2022

There are thousands of protein powders on the market. The supplement industry is drowning in whey, so in this category, it takes a little something extra to make your mark.

RAW Nutrition, partnered with three-time Mr. Olympia Chris “Cbum” Bumstead, has staked out simplicity, flavor, and a bit of humor as their territory with their **CBum Itholate Protein**. Pure Whey Isolate, minimal fillers, and killer flavors. Just as in their *RAW Whole Food Protein Bars*, RAW has found their edge in ingredient purity.

RAW Nutrition releases their tastiest CBum Itholate flavor yet.

And now the team over at RAW Nutrition is back with a new CBum Itholate Protein flavor, and it is incredible:

Raw Nutrition Itholate Protein: Mint Chip

RAW Nutrition has kept their Itholate formula pretty high and tight. It feels pretty nice to drink a protein powder that is essentially just protein and flavor. No obscure 36-character chemical compounds required. And now they have an outstanding new flavor:

Mint Chip Ice Cream Itholate – A Cool, Frosty Chill

You just finished your workout. Your shirt is soaked and your muscles are sufficiently pumped. It’s time to pound some protein so you can cement all that work you did in your muscles. We can think of no better or more refreshing protein powder flavors than **Mint Chip Ice Cream** to refuel your body and bask in

a workout well executed.

We’re going to go over the ingredients of CBum Itholate (it’s a short list), but first let’s check out an deals for CBum Itholate on the PricePlow Blog:

RAW Nutrition CBUM Itholate Protein – Deals and Price Drop Alerts

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We all know what it’s like to take that first bite of mint chocolate chip ice cream on a hot summer’s day. That cool, smooth feeling of the mint mixing perfectly with the sweetness of the chocolate. Mint chip ice cream is just a flavor that begs to be tasted when you’re slick with sweat.

We’re firm believers that flavors need to match the activity. And in the case of protein powders, which are typically consumed after a long workout, cooling and refreshing flavors fit the bill best.

CBum Itholate Ingredients

- **Whey Protein Isolate** is the purest, most filtered version of whey protein you can buy. In fact, the industry standard for whey isolate is 90% purity. This makes it one of the most concentrated forms of protein you can buy, so CBum Itholate is an easy and straightforward way to engineer your macros.

Aside from some natural flavors, the perfect touch of salt, and some gum as a thickener, that’s it. CBum Itholate is a no-frills protein powder. Pretty raw, if you ask us.

Do check the specific ingredients in each flavor – some flavors have more ingredients, such as cinnamon powder or Ace-K, in the case of the Chocolate Peanut Butter flavor. You can read more details with scientific references in our main *Raw Nutrition Itholate* article.

All CBum Itholate flavors

CBum Itholate comes in a few other awesome flavors, like *Chocolate Peanut Butter*

CBum Itholate also comes in some other excellent flavors. Check them out below:

Cool Protein Flavors: The Only Whey to Go

It’s called a cooldown for a reason. After a workout, we need to get our bodies back into normal operation and recovery. Mint Chip Ice Cream is the perfect flavor for the job.

RAW Nutrition, in partnership with Chris Bumstead, is the perfect team to give it to us. With their no-frills approach to supplements, you can rest easy that all you’re slamming down is a ton of protein in a delicious package.

Plus, Chris is just an awesome guy. You can learn more about him in our article titled Chris Bumstead: “The Comeback Kid”.

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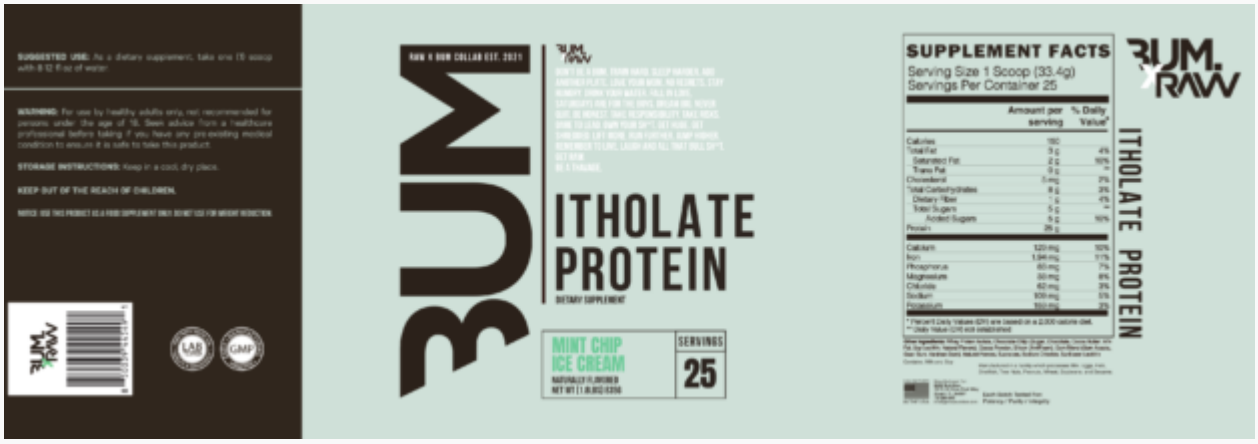


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