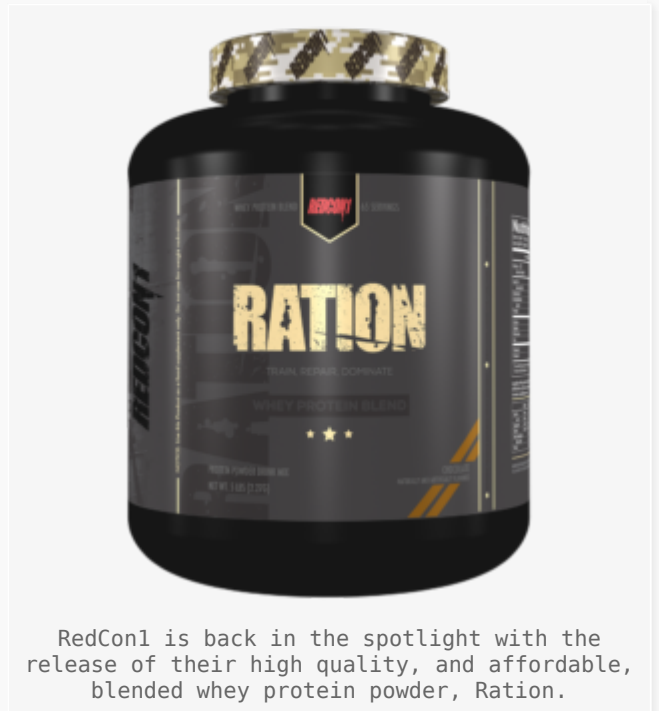


Redcon1 Ration: The Swiss Army Knife of Whey Proteins

written by Mike Roberto | December 13, 2017



Recently, we covered RedCon1's banner year after their first full year in business, but as we've come to see with the brand, they're aren't the kind to take it easy after some success. Hot off the heels of our last post, the brand has gone ahead and launched *yet another* new product, and this is one everyone in RedCon1 Nation's been asking for.

Ration is a high quality protein powder for those times when you're in the thick of things but need a quick shot of protein.

Yes, they already have a pure whey protein isolate in RedCon1 Isotope, as well as their dairy-free meal replacement, MRE, but this is a more economical product from the brand – not everyone needs a higher-cost pure isolate, and MRE is loaded with real-food carbs. So it's time for a blended protein shake!

More details on the newest protein powder from RedCon1 are just ahead, but first, make sure to check the best deal and sign up for alerts from PricePLOW:

RedCon1 Ration – Deals and Price Drop Alerts

Get Price Alerts

Get Ration Price Alerts Get RedCon1 alerts Get Whey Protein 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.

Ration Ingredients

Compared to some of RedCon1's other more complicated supplements, such as Med+Kit or BOOM STICK, Ration is a straightforward whey protein blend containing two forms of whey (more on that below), but it's the *order* in which they matter.

- **Protein Blend**



Ration leads off its protein blend with whey isolate, which is a good sign for you lactose sensitive folks.

Redcon1 has packed Ration with a mix of whey hydrolysate and whey protein concentrate (WPC). Hydrolyzed whey is the most refined form of whey protein, void of just about any and all lactose or milk fats.

Hydrolysates are created using enzymes that “predigest” or hydrolyze the whey protein. What’s left after this pre-digestion is a protein that has the fastest rate of digestion of all whey protein powders, flooding the bloodstream (and therefore your muscles) with all the essential amino acids much more rapidly than WPC or regular whey isolate.

Research notes that hydrolysates create a much greater insulin response by the

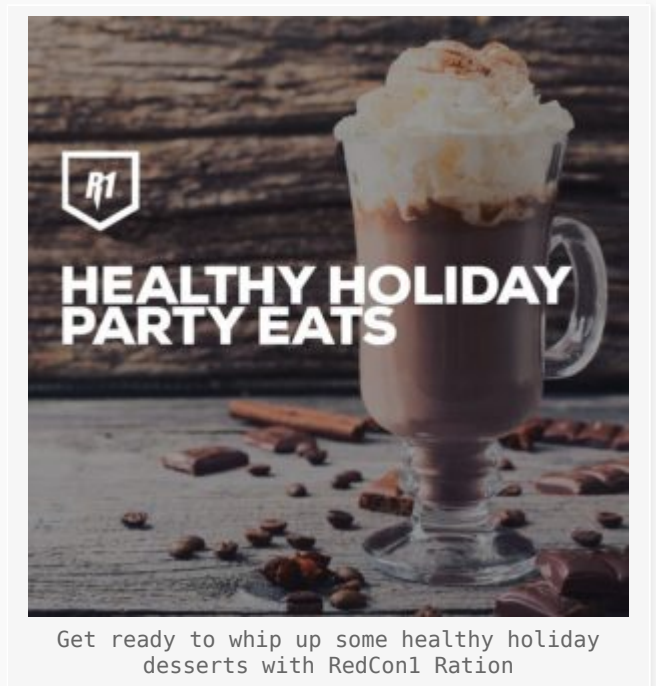
body compared to regular whey protein[1], which is ideal during the pre or post workout period, as the insulin spike will help drive all the amino acids in Ration (along with any other simple carbs you might be consuming) to your muscles that much faster.

Hydrolyzed First

The good part of this label is that the hydrolyzed whey comes first, which means it's *at least* 50% of the total quantity.

Unfortunately, similar to our case with MRE, we don't know the exact ratios of proteins used, nor do we know the grade of whey concentrate. Our guess is that if you're dairy-sensitive and want a pure protein, you'll still want to stick with Isotope.

- **The Rest**



Once you get past the whey protein duo, there's really not many other ingredients to Ration, which is a good thing. The list of the remaining ingredients is:

Natural & Artificial Flavor, Red Russet Cocoa Powder, Cellulose Gum & Xanthan Gum Powder (for thickening), Salt, Sucralose, and Acesulfame Potassium (Ace-K).

Ration Macros

One full serving of Ration weighs in at 35g and provides a total of:

- **Calories:** 150
- **Protein:** 24g
- **Carbs:** 4.5g (2g sugar)
- **Fat:** 4g (1.5g saturated)

Flavors Available

RedCon1 launched Ration with just one flavor – **Chocolate**. However, the brand revealed two other flavors to come shortly after, giving a total of three flavors:



The wait is over...Ration has arrived!

- **Chocolate**
- **Cookie & Cream**
- **Peanut Butter Chocolate**

Versatility – Excellent for Cooking!

One thing RedCon1's site touts is that it's an "*Excelling cooking protein*", so all you protein chefs are going to need to try this out! They claim it will mix *extremely well* – a truly versatile "Swiss Army Knife" for whatever you want to do with your protein – from sludge to baking to just drinking with water or milk.

Takeaway: RedCon1 Gets a High-Value Protein Powder!

RedCon1 continues the assault of new products with Ration, which we can only imagine their fanbase has been repeatedly asking for. Given how often RedCon1 Coupons get updated, this is going to be one that has some fantastic sales.

Back to the product line, the brand has traditionally been safer for dairy-sensitive folks, so if you're weary of the whey concentrate that's in the product, there's always the 100% isolate-only protein in Isotope. But if you're ok with that whey concentrate and the benefits of a more full-spectrum protein, Ration provides the more cost-effective means of getting it in.

RedCon1 Ration – Deals and Price Drop Alerts

Get Price Alerts

Get Ration Price Alerts Get RedCon1 alerts Get Whey Protein 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.

References

1. Power O, Hallihan A, Jakeman P. Human insulinotropic response to oral ingestion of native and hydrolysed whey protein. *Amino Acids*. 2009;37(2):333-339. doi:10.1007/s00726-008-0156-0.