

Sparta Nutrition Spartan Whey is Here, and it's Everything We Wanted

written by Mike Roberto | February 14, 2018



Well it's about time!! **Sparta Nutrition**, the company behind the legendary Kraken Pre Workout, has *finally* put out a protein powder – and it will be as unique and high-quality as everything else in the Sparta line.

With the market full of countless flavor options available, brands have had to stay on their toes with amazing flavoring and are moving towards fully-disclosed formulas that stay consistent from batch to batch.

We all have our favorites, but it's always fun to mix things up once in a while and try something new, and that's exactly what Sparta has done here with **Spartan Whey**. Protein enthusiasts now have a new option to consider when purchasing their protein powder, and yes, it comes in flavors like *Loopy Fruits* and *Double Stuffed Cookies & Cream!*

So now that we're fresh off the debut of Sparta's highly-anticipated latest supplement series (featuring everything from nootropics to a coffee creamer), the brand is finally ready to toss their hat in the ring for consideration of

king of whey proteins – the Spartan Whey!

All the details on Spartan Whey are below, but first, take a moment to check the best deal and sign up for PricePLOW alerts:

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Spartan Whey Ingredients: Fully Disclosed!

Spartan Whey joins the ranks of the elite as one of the very rare proteins on the market that **fully discloses each and every ingredient** in the protein powder. Not only will you know the exact breakdown of each type of protein in Spartan Whey, you'll also know exactly how much flavoring, sweetener, and everything else that goes into your protein!

And even better, they have to use the same profile with every flavor and every batch, so you'll get consistency for as long as you're a customer. Realize that just seeing "whey protein" on another powder's label is in and of itself a *proprietary blend* unless they tell you *exactly* what grades and how much of each are inside!

- **Whey Protein Blend (32.69g)**

Nutrition Facts

Serving Size: 1 Scoop (33.5g) Serv. Per Container: 67

	Amount Per Serving	% Daily Value*
Calories	137	
Calories from Fat	22	
Total Fat	2 g	3%
Saturated Fat	1 g	5%
Trans Fat	0 g	†
Cholesterol	42 mg	14%
Calcium	7 mg	<1%
Sodium	56 mg	2%
Potassium	146 mg	4%
Total Carbohydrate	2 g	<1%
Dietary Fiber	0 g	†
Sugars	1 g	†
Protein	25.5 g	51%

Whey Protein Blend

[Whey Protein Isolate 12.2 g (Instantized WPI 90 yielding 10.5 g complete protein), Whey Protein Concentrate 13.1 g (Instantized WPC 80 yielding 10 g complete protein), Micellar Casein 6.2 g (yielding 5 g complete protein), Sunflower Oil Coalescer 1.065 g, Astragin 25 mg, Sodium Caseinate 100 mg, Tocopherols 100 mg, Lecithin 100 mg]	32,690 mg	†
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Flavoring (NBA Chocolate Flavor; 500 mg, Xanthan Gum; 250 mg and Sucralose; 60 mg)	810 mg	†
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* Percent daily values are based on a diet of 2,000 calories.

† Daily values not established. Your daily values may be higher or lower depending on your calorie needs.



SPARTAN WHEY PROTEIN BLEND | FULL DISCLOSURE FORMULA

Spartan Whey includes two forms of whey protein along with micellar casein and you know exactly how much of each you're getting.

Spartan Whey includes a trio of milk protein to fill out its whey protein-fueled blend. Included in the mix is

- **13.1g of whey protein concentrate (WPC80)**, yielding *10g protein*
- **12.2g of whey protein isolate (WPI90)**, yielding *10.5g protein*
- **6g of micellar casein**, yielding *5g protein*

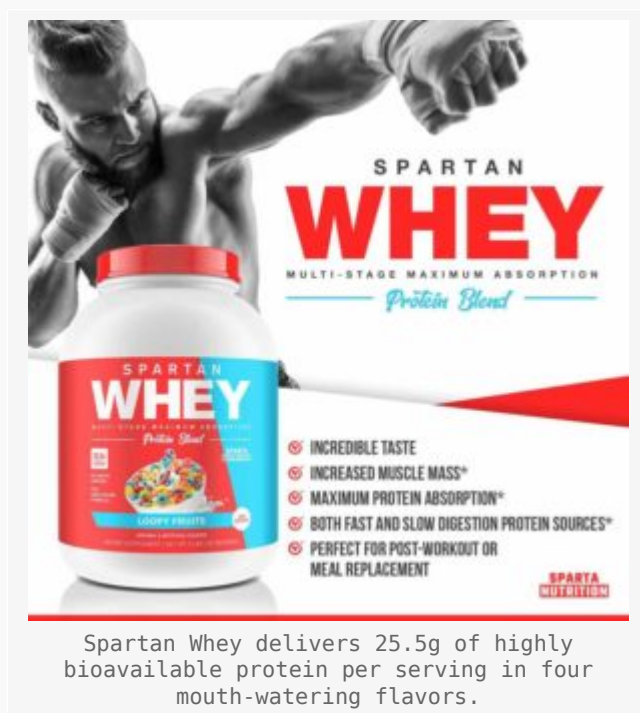
Added together, that supplies you with 25.5g of complete, highly bioavailable protein in each scoop of Spartan Whey. Using a mix of whey and casein allows for a balance of taste, texture, and digestion times, leaving you with a protein that should have a very pleasing mouth feel while also keeping you fuller for longer (due to the casein component).[1,2]

What's interesting here is that the whey concentrate is the most *abundant* ingredient, but because there's so much whey isolate, the isolate actually provides a bit more protein!! This is good news because it means we're getting a perfect balance of taste, quality, and "macro cleanliness".

Further, it's WPC-80, or a whey concentrate that's 80% protein by weight, which is the highest quality form of concentrate. Any higher and you're in isolate territory (which is also here).

We couldn't imagine a much better blend here.

• The Rest



Rounding out the rest of Spartan Whey is a collection of the usual players found in protein powders. But what's not usual, is that all of these amounts are *fully disclosed*. That's right, folks, everything down to the amount of salt, thickener, and artificial flavoring are included so you know EXACTLY what you're putting in your body with each serving of Spartan Whey.

The rest of those ingredients, and their amounts are:

- Sunflower Oil Creamer (1.065g)
- AstraGin (25mg)
- Sodium Caseinate (100mg)
- Tocopherols (100mg)
- Lecithin (100mg)
- Natural & Artificial Chocolate flavors (500mg)
- Xanthan Gum (250mg)
- Sucralose (60mg)

While the rest of the ingredients look pretty standard, the inclusion of *AstraGin* is certainly intriguing. AstraGin is a patented complex of panax ginseng and

Astragalus membranaceus added to maximize amino acid uptake, ensuring you're getting every last bit of protein from Spartan Whey.[3]

The Spartan Whey Macros

This may change a touch from flavor to flavor, but overall:

- **Calories:** 132
- **Protein:** 25.5g
- **Carbohydrates:** 2g (1g sugar)
- **Fat:** 2g (1g saturated)

On the Formula

"We formulated Spartan Whey in the spirit of full disclosure, listing the total protein and the actual yielding amount – alongside the complete "other ingredients", we have nothing to hide from the manufacturing end to overall consumer end.

Spartan Whey features premium sources of protein from WPC, WPI, and Micellar Casein with AstraGin for maximum amino acid uptake – made in an NSF certified, cGMP, and FDA registered facility.

Not only are we fully transparent from listing full yields of our protein sources, we take it to the next level by listing the total amount of flavoring, to sunflower oil creamer, to every other ingredient possible. That being said, our other ingredients are effectively "absolutely none".

Coupled with innovation, 5 absolutely delicious flavors, and absolute transparency, Spartan Whey is the only way!"

– Sparta Nutrition

Flavors Available

Sparta Nutrition isn't going easy on the flavors for the launch of their brand new protein. They've decided to debut **five flavors** of Spartan Whey including

some standard faves as well as a few trendy flavors:



- **Chocolate Ice Cream**
- **Vanilla Ice Cream**
- **Double Stuffed Cookies & Cream**
- **Blueberry Muffin**
- **Loopy Fruits**

This is Sparta! And Finally – This is the Spartan Whey

With the vast array of protein options on the market, in this day and age you have to do something that stands out from droves of competitors.

One way to do that is with phenomenal flavoring. Another, even more unique approach, is to go completely open label, itemizing every last bit of product that goes into making your protein and ensuring batch-to-batch consistency.

In the case of Sparta Nutrition... it looks like they've done *both!* Can't wait to get our hands on this one, and when we do, you'll see some YouTube videos appear on this page!

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References

1. McDonough FE, et al; *"Composition and properties of whey protein concentrates from ultrafiltration"*; J Dairy Sci.; 1974; Retrieved from <https://pubmed.ncbi.nlm.nih.gov/4443458>
2. Boirie, Yves et al; *"Slow and Fast Dietary Proteins Differently Modulate Postprandial Protein Accretion"*; Proceedings of the National Academy of Sciences of the United States of America; December 1997; 14930–14935; Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC25140/>
3. NuLiv Science AstraGin Research