

# CORE Vegan: Strawberry Cream & Frosted Cinnamon Bun Released

written by Mike Roberto | April 18, 2022

CORE Nutritionals VEGAN protein powder has two new flavors: *Strawberry Cream* and *Frosted Cinnamon Bun*!



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Nearly a year after the latest Core VEGAN flavor – *Vanilla Crème* – Core Nutritionals is back at it with two new flavors:

## Strawberry Cream and Frosted Cinnamon Bun Core Vegan are here!

Core VEGAN is a vegan protein blend that has some incredible additives to make it even better. We're talking about a pea/rice protein blend, added BCAAs, absorption-improving digestive enzymes, a phenomenal creamer blend, yet *sucralose*-sweetened for maximum flavor potential!

Let's quickly take a look at the PricePLOW-powered prices and then dig into some of the macros and revisit the unique and *well-fortified* vegan blend:

## Core Nutritionals Vegan – Deals and Price Drop Alerts

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 Get Core Nutritionals alerts  
 Get Vegan Protein Powder price drops  
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**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.

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## The new flavors and their macros

Strawberry Cream and Frosted Cinnamon Bun both have the exact same macros as the Vanilla Creme flavor covered last year:

**Supplement Facts**  
Serving Size: 1 Scoop (30.7g)  
Servings Per Container: Approx. 29

	Amount Per Serving	% DV
<b>Calories</b>	120	
<b>Total Fat</b>	3 g	9%*
Saturated Fat	1 g	14%*
Trans Fat	0 g	**
<b>Total Carbohydrate</b>	2 g	1%*
Dietary Fiber	430 mg	1%*
Total Sugars	0 g	**
Added Sugars	0 g	0%*
<b>Protein</b>	21 g	42%*
Sodium	6 mg	<1%*
Potassium	84 mg	2%*
Fermented Vegan BCAAs 2:1:1 (Leucine, Isoleucine, Valine)	1000 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

**Typical Amino Acid Profile**  
Amount Per Serving

Alanine	972 mg
Arginine	1841 mg
Aspartic Acid	2485 mg
Cysteine	337 mg
Glutamic Acid	3512 mg
Glycine	859 mg
Histidine I	605 mg
Isoleucine II	1093 mg
Leucine III	2164 mg
Lysine I	1416 mg
Methionine I	292 mg
Phenylalanine I	1162 mg
Proline	920 mg
Serine	1018 mg
Threonine I	630 mg
Tryptophan III	135 mg
Tyrosine	819 mg
Valine II	1498 mg
<b>Total</b>	<b>22,100 mg</b>

I Essential Amino Acids  
II BCAAs  
III The L-Tryptophan indicated is from naturally occurring sources of protein.

**INGREDIENTS:** Pea Protein Isolate, Brown Rice Protein, Vegan Coconut Oil Creamer, Fermented Vegan BCAAs 2:1:1 (Leucine, Isoleucine, Valine), Natural and Artificial Flavors, Silicon Dioxide, Xanthum Gum, Sucralose, DigeSEB™ (Digestive Enzyme Blend: Amylases, Lactase, Proteases, Lipase, Cellulase), Acesulfame Potassium.

**ALLERGEN INFORMATION:** Contains tree nuts (coconut). Manufactured in a facility that processes products containing milk, wheat, and shellfish.

From the Vanilla Creme label. With the added BCAAs (leucine, isoleucine, and valine), we have a very well-rounded amino acid profile

- **Calories:** 120
- **Protein:** 21g
- **Fat:** 3g (1g saturated)
- **Carbohydrates:** 2g (~0.5g fiber)

We always have to point out that we love seeing 21 grams of protein rather than the standard 20. Like that guy in the office you call “topper” who always has to one-up everyone else, Core VEGAN has the last word on this matter.

## A recap of Core VEGAN

- A **pea protein isolate + brown rice protein** blend for a full amino acid spectrum

- Added **BCAAs** (*branched-chain amino acids*) to further improve the amino acid profile
- **Digestive enzymes** added to boost absorption and digestibility
- A **coconut oil creamer** blended with **xanthan gum** to thicken and smooth the mix
- **Sucralose** and **acesulfame potassium** sweetened



The use of *pea protein* and *brown rice protein* allows for a better amino acid profile, since the two complement each other's deficiencies, and allow for a smoother blend. To make things even better, CORE adds more leucine-rich *BCAAs*, short for *branched-chain amino acids*. Since leucine is the primary amino acid that signals muscle protein synthesis, it's always great to have more – especially if we have the other *EAA*s alongside.

With the *DigiSeb digestive enzyme blend*, there's added *protease*, *amylase*, *cellulase*, *lipase*, and *lactase* in order to improve the breakdown of *protein*, *starches*, *plant fibers*, *fats*, and *lactose*, respectively. All but the last one apply to Core Vegan.

Additionally, realize that we have a *vegan* sweetening blend, but it's *not* 100% plant-based. This almost universally brings *far* better taste, and is perfect for Core Nutritionals users who are looking for a better dairy-free option and

aren't necessarily "plant-based purists".

A full breakdown is covered in our article titled *CORE Vegan: BCAA-Enhanced Vegan Protein*.

## All Core Flavors Available

Strawberry Cream or Cinnamon Bun not your style? Then maybe you can try Vanilla Creme or one of the other classic flavors:



## Vegan done right: CORE Vegan keeps the flavors coming

Whether they like it or not, CORE Nutritionals is a *protein* company – they do tons more, but they keep coming out with fantastic protein powders!

For their athlete-minded demographic, we believe that this is exactly how a brand should formulate a dairy-free / vegan protein powder. The BCAAs may boost muscle protein synthesis

This is a vegan protein powder that speaks to their demographic – athletes. The added BCAAs and digestive enzymes (especially protease) are what's needed when chasing not only performance, but also *recovery*. While plant-based proteins won't contain sucralose or ace-K, almost nobody following the crew at CORE is going to care – so we might as well go for taste, especially when it *won't* spike blood sugar.

Next, we get back to more in the CORE Lifeline Series, so stay tuned to

PriceFlow:

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	Amount Per Serving	% DV
<b>Calories</b>	30	
<b>Total Fat</b>	7 g	35%
Saturated Fat	7 g	35%
Trans Fat	0 g	—
<b>Total Carbohydrate</b>	23 g	35%
Dietary Fiber	11 g	35%
Total Sugar	0 g	—
Added Sugar	0 g	—
<b>Protein</b>	21 g	42%
<b>Iron</b>	4 mg	>10%
<b>Calcium</b>	100 mg	20%
<b>Phosphorus</b>	100 mg	20%
<b>Percent Daily Values are based on a diet of 2,000 calories per day.</b>		
*Daily Values not established.		

**Typical Amino Acid Profile (Based on 1 Scoop)**

Alanine	800mg
Arginine	1000mg
Aspartic Acid	2200mg
Cysteine	300mg
Glutamic Acid	3400mg
Glutamine	800mg
Histidine	400mg
Isoleucine	1100mg
Leucine	2200mg
Lysine	1000mg
Methionine	1100mg
Proline	800mg
Serine	1000mg
Threonine	800mg
Tryptophan	100mg
Valine	800mg
Yeast	100mg
<b>Total</b>	<b>22,100mg</b>

**INGREDIENTS:** Plant Protein Isolate, Brown Rice Protein, Vegan Coconut Oil Creamer, Fermented Vegan BCAAs 2:1:1 (Leucine, Isoleucine, Valine), Natural & Artificial Flavors, Stevia Extract, Bamboo Gum, Sunflower Lecithin, Diglycerin Mono Stearoyl Succinate, Lecithin, Polydextrose, Cellulose, Cellulose, Acacia Gum, Natural Flavor.

**ALLERGEN INFORMATION:** Contains tree nut almonds. Manufactured in a facility that processes products containing milk, wheat, and soybeans.

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