

Egg white Protein

Introduction

Egg white Powder is an excellent low fat protein source of essential amino acids.

Egg white Protein is an excellent natural source of high quality protein. Good quality proteins contain virtually no fat or carbohydrates and rate well on the PDCAAS (Protein Digestibility Corrected Amino Acid Score), the newest and most accurate measurement of a protein's quality. NOW Eggwhite Protein contains less than 1 g of fat and carbohydrates per serving and rates as one of the highest quality proteins available when using the PDCAAS. A good mix of proteins from different sources provides the best results, and high quality Eggwhite Protein from NOW is an excellent addition to any protein supplement program.

Great in a protein shake or in baking.

Why is egg white powder recommended?

People looking for a low carb diet or low carb supplements can opt for the egg white powders as they contain fewer amounts of carbohydrates, fats and calories. The egg white protein powder has all the proteins that are found in egg white. It is well known that all the cholesterol that an egg contains is in the egg yolk and the white portion is the healthiest when it comes to a low cholesterol diet. Each egg white has a total of 15 calories.

It is an amazing thing that a single serving of most egg white protein powders give the goodness of around seven eggs. You can well calculate how many proteins you would end up having in your diet. Like all other protein powders, the egg white powders are also supposed to be mixed with milk, water or curd to make a healthy blend. The sugar content in these powders is considerably low.

The egg white protein powder also supplies the body with a dose of fiber, phosphorus, magnesium, sodium, and potassium in considerable amounts. Some of the powders do contain artificial flavors. If you do not like the typical egg like flavor, you can opt for chocolate and cocoa flavors that would be a treat for your taste buds as well.

Whom will it benefit the most?

Egg has a typical flavor associated with it. Egg white protein powders have all the qualities and flavors of an egg. People who are on the look out for a diet supplement which is low on carbohydrates and sugar can benefit from the use of egg white protein powder. Cholesterol can pose serious problems for many people.

In the egg white protein powders, the yellow part of the egg is not included. Thus these powders are cholesterol free. There are so many benefits of these powders and everyone who wants to have a great body and strength can go for the egg white protein powders.

One can easily choose from the various flavors and brands available on the internet. The online stores and health food companies sell these supplements at attractive prices. The flavors range from French vanilla to chocolate and natural flavors. Like egg whites, these protein powders are a rich source of proteins and other nutrients and should be made a part of your diet in order to attain fitness and strength. Do not worry about the fats in eggs- they are the good ones meant to give energy to your body.



Other Ingredients

Cocoa, organic evaporated cane juice, natural cream flavor, natural vanilla flavor, natural french vanilla flavor, xylitol, xanthan gum, natural flavor, natural licorice flavor.

Contains a milk ingredient (natural cream flavor) and small amounts of soy lecithin to improve mixability.

No: Yeast, wheat, gluten, artificial color, artificial flavor or artificial sweeteners.

Egg White Nutrition Facts :

Large Size - 33g
Water - 28.898g
Energy Kcal - 17.160
Energy Kj - 71.280
Protein - 3.597g
Total Lipid - (Fat) - 0.056g
Carbohydrate - 0.241g

Warnings

Do not accept if seal is broken.
Store between 59°-86°F.
Keep out of the reach of children.
Use this product as a food supplement.
Do not use for weight reduction.
Contents packaged by weight not volume.
Some setting may occur.



Smile Best Protein Powder

I think that the best protein powder is Premium Whey Protein. But I only take 1 scoop before I work out. It tastes great and helps me gain muscle and loose fat.



Taj Agro Products
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