Evaluation of Vitamin B-12 and Protein Powder at Walgreens for Bariatric Patients

HALEY HERBST
BAPTIST HEALTH SYSTEM DIETETIC INTERN
JANUARY 18, 2013
Vitamin B-12

• Comparisons will include:
  ○ Finest Nutrition
  ○ Sundown Naturals
  ○ Nature Made
Finest Nutrition

Each tablet contains: 1000 mcg vitamin B-12

Cost: $6.99
Tablets per container: 60
Cost per tablet: 11.7¢

Hype: Support nervous system health
Sundown Naturals

Each tablet contains: 1000 mcg vitamin B-12

Cost: $8.49
Tablets per container: 120
Cost per tablet: 7.1¢

Hype: Promote energy metabolism, vegetarian formula
Nature Made

Each tablet contains: 1000 mcg vitamin B-12

Cost: $11.99
Tablets per container: 90
Cost per tablet: 13.3¢

Hype: Energy production, healthy nervous system
Vitamin B-12 Comparison

- Finest Nutrition, Sundown Naturals, Nature Made
  - All contain the recommended 1000 mcg B-12 per day
  - Best bang for your buck: Sundown Naturals
    - Costs 7.1¢ per tablet, compared to 11.7¢ and 13.3¢
    - Contains more tablets – less trips to the store
    - Total cost per year: $25.47
Protein Powder

• Comparisons will include:
  - EAS Lean 15 Protein Powder (Abbott)
  - 1st Step Whey Protein
  - Finest Nutrition Whey Protein
EAS Lean 15 Protein Powder

**NEW!**

**EAS® LEAN 15™**

**PROTEIN POWDER**

GET LEAN & TONED

**THIS PRODUCT OFFERS**

- A 100 calorie serving that helps you meet your lean body goals while providing a great way to help manage hunger
- 15g of protein from fast digesting whey and slow digesting micellar casein to provide a steady supply of amino acids to your muscles
- 5g of dietary fiber, including prebiotics (1.2g), for digestive health
- An excellent source of the antioxidant vitamins C & E for immune support
- A good source of seven B-vitamins to help support energy and protein metabolism

**USE & MIXING INSTRUCTIONS**

Use up to 3 servings daily.

Combine 2 scoops (1 serving) with 8 fl oz of cold water, milk, or your favorite beverage and mix for 20-30 seconds in a shaker or blender.

Use with a healthy diet and exercise program.

Visit EAS.com or call 1-800-297-9776 to learn how EAS® can help you achieve your athletic or fitness goals.

Abbott has more than 85 years of innovation in leading-edge nutritional science. To learn more about the specialized nutrition products that we make in addition to EAS® Science Nutrition, please visit www.AbbottNutrition.com.

**Nutrition Facts**

- Serving Size: 2 Scoops (30 g)
- Servings Per Container: About 25
- Calories: 100
- % Daily Value
  - Total Fat: 1.5 g (2%)
  - Saturated Fat: 1 g (5%)
  - Trans Fat: 0 g
  - Cholesterol: 40 mg (13%)
  - Sodium: 115 mg (5%)
  - Total Carbohydrate: 11 g (4%)
  - Dietary Fiber: 5 g (29%)
  - Sugars: 2 g
  - Protein: 15 g (13%)
  - Vitamin A (0%)
  - Vitamin C (100%)
  - Calcium (10%)
  - Iron (0%)
  - Vitamin D (100%)
  - Thiamin (10%)
  - Riboflavin (10%)
  - Niacin (10%)
  - Vitamin B6 (10%)
  - Folate (10%)
  - Vitamin B12 (10%)
  - Pantothenic Acid (10%)

- *Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*

- **INGREDIENTS:** WHEY PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, SOY LECITHIN, POLYDOPOL, MOLLAR CASIN, WHEY MADE CANOLI-OIL, MILK, SUGAR, SALT, ARTIFICIAL FLAVOR, ASCORBIC ACID, CITRIC ACID, ALUMINUM SODIUM CITRATE, SODIUM, CARBON DIOXIDE, POTASSIUM PHOSPHATE, SODIUM CITRATE, VITAMIN C (ASCORBIC ACID), VITAMIN D, SODIUM, NUTRITION ADDITIVES (MAGNESIUM, PHOSPHATE, SODIUM, CITRATE, VITAMIN A, VITAMIN D, VITAMIN E, VITAMIN C, ZINC, CALCIUM, MAGNESIUM, POTASSIUM, PHOSPHORUS).
EAS Lean 15 Protein Powder

- Whey protein concentrate
- Per serving:
  - 100 kcal
  - 15 gram protein
  - 11 gram carbohydrate
  - 1.5 gram fat
- Cost: $26.99
- Servings per container: 25
- Cost per serving: $1.08
- Hype: 5 gram dietary fiber, prebiotics, excellent source of vitamin C and E, good source of B-vitamins
1st Step Whey Protein

![Whey Protein Product Image]

**Nutrition Facts**

Serving Size (27g) 1 Scoop
Serving Per Container: about 15

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td>6%</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>20</td>
<td>14%</td>
</tr>
<tr>
<td>Fat</td>
<td>2g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fatty Acids</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35mg</td>
<td>12%</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>8g</td>
<td>3%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td>+</td>
</tr>
<tr>
<td>Fiber</td>
<td>5g</td>
<td>20%</td>
</tr>
<tr>
<td>Protein</td>
<td>15g</td>
<td>30%</td>
</tr>
<tr>
<td>Sodium</td>
<td>64mg</td>
<td>3%</td>
</tr>
<tr>
<td>Potassium</td>
<td>90mg</td>
<td>3%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>1mg</td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td>69mg</td>
<td>7%</td>
</tr>
<tr>
<td>Phosphorous</td>
<td>66mg</td>
<td>7%</td>
</tr>
<tr>
<td>Iodine</td>
<td>3mcg</td>
<td>2%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>11mg</td>
<td>3%</td>
</tr>
</tbody>
</table>

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

Other Ingredients: Whey Protein Blend (Whey Protein Concentrate, Whey Isolate), Resistant Maltodextrin (Source of Soluble Fiber), Malodextrin, Pure Casein, Sunflower Oil, BCAA-Glutamine Blend (L-Leucine, L-isoleucine, L-Valine, Glutamine), Natural Flavors, Food Starch Modified, Guar Gum, Salt, Aspartame Potassium, Saccharin, Dipotassium Phosphate, Tricalcium Phosphate, And Potassium Chloride. Contains Milk and Soy.

**DIRECTIONS:** Adults add one (1) scoop (27g) to 8 fl. of water or your favorite beverage. Mix in shaker or blender and drink immediately for best results. You can add 1st Step Pro-Wellness Whey Protein any time during the day to add extra high quality protein to your daily calorie intake. Increase or decrease the amount of liquid added to achieve desired consistency.

1st Step Pro-Wellness Whey Protein is a high-quality nutritional formula specially designed to supplement your diet with protein necessary for a lean, healthy fit body.* Protein is essential for life and is used by the body to help build and repair body tissue, from hair and fingernails to muscles.*

- 15 grams of superior protein in each scoop
- Mixes easily and great tasting
- A great option for vitality and age-defying effects

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of reach of children. Store in a cool, dry place.

Contents are sold by weight. Some settling may occur.

High Performance Fitness, Inc.
14201 McCormick Dr
Tampa, FL 33626
813-HPF-9010
www.1ststepprowellness.com

MADE IN USA
1st Step Whey Protein

- Whey protein concentrate
- Per serving:
  - 110 kcal
  - 15 gram protein
  - 8 gram carbohydrate
  - 2 gram fat
- Cost: $15.49
- Servings per container: 15
- Cost per serving: $1.03
- Hype: 5 gram dietary fiber
Finest Nutrition Whey Protein

Suggested Use: Take 1-2 servings before or after workouts or between meals daily.

Directions for Use: Mix one scoop with 6–8 oz of water or skim milk. Or try a refreshing smoothie by adding your favorite fruit and ice, and blend.

Other Ideas for Use: Sprinkle on cereal and oatmeal or add to your favorite pancake, muffin or waffle mix.

NOTICE: Not intended for use as a complete diet. You must eat at least one balanced meal a day. This product is not formulated for children. This product is sold by weight, not volume. Contents may settle during shipping and handling. Consult with a physician before starting any diet and exercise program, including this one specifically if you are under 18, pregnant, nursing, or have a health problem (such as diabetes, heart disease, high blood pressure, etc).

Money Back Guarantee: If you are not satisfied with this product, please return the unused portion of the product along with the sales receipt to the store for a full refund.

Nutrition Facts

Serving Size One Scoop (39 g)
Servings Per Container 23

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Mix</th>
<th>with 8 fl oz</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>158</td>
<td>230</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>20</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
<td>2g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>45mg</td>
<td>50mg</td>
<td>15%</td>
</tr>
<tr>
<td>Sodium</td>
<td>60mg</td>
<td>160mg</td>
<td>3%</td>
</tr>
<tr>
<td>Potassium</td>
<td>180mg</td>
<td>460mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>8g</td>
<td>20g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td>14g</td>
<td>6%</td>
</tr>
<tr>
<td>Protein</td>
<td>20g</td>
<td>34g</td>
<td>52%</td>
</tr>
</tbody>
</table>

INGREDIENTS: Protein-Amino Acid Blend (Whey Protein Concentrate, Whey Protein Isolate, L-Leucine, Partially Hydrolyzed Whey Protein, L-Isoleucine, L-Valine, L-Glutamine), Maltodextrin, Creatine, Sunflower Oil, Guar Gum, Cellulose Gum, Leucine, Artificial Flavors, Guaran, Sucrose Polyesters, Potassium, Sucrose, Cocoa. THIS PRODUCT CONTAINS MILK AND EGG. MAY CONTAIN WHEAT, TREE NUTS, PEANUTS, SOY, SESAME, SUNFLOWER, MUSTARD, AND EGG. SOME PRODUCTS MAY CONTAIN LACTOSE.

ALLERGENS: Contains milk and soy. May contain wheat, tree nuts, peanuts, soy, sesame, sunflower, mustard, and egg. Some products may contain lactose.

Finest Nutrition contains high amounts of essential amino acids that our bodies need every day. Because of whey proteins excellent and fast absorption, these amino acids get into the bloodstream quickly and help stimulate muscle protein synthesis (muscle growth) during periods of recovery immediately following exercise.
Finest Nutrition Whey Protein

- Whey protein concentrate
- Per serving:
  - 150 kcal
  - 26 gram protein
  - 8 gram carbohydrate
  - 2 gram fat
- Cost: $24.99
- Servings per container: 23
- Cost per serving: $1.09
- Hype: High protein content
Protein Powder Comparison

- **EAS Lean 15, 1\textsuperscript{st} Step, Finest Nutrition**
  - All within the recommended parameters of: 
    - <250 calories, >15 g protein, <15 g CHO, and <15 g fat
  - Best option: EAS Lean 15
    - Provides the most servings per container (25) – lasts longer and less trips to the store
      - Only 5¢ more per serving compared to 1\textsuperscript{st} Step (only 15 servings)
    - Fewest calories, contains more vitamins
  - Best option for higher protein content: Finest Nutrition