

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

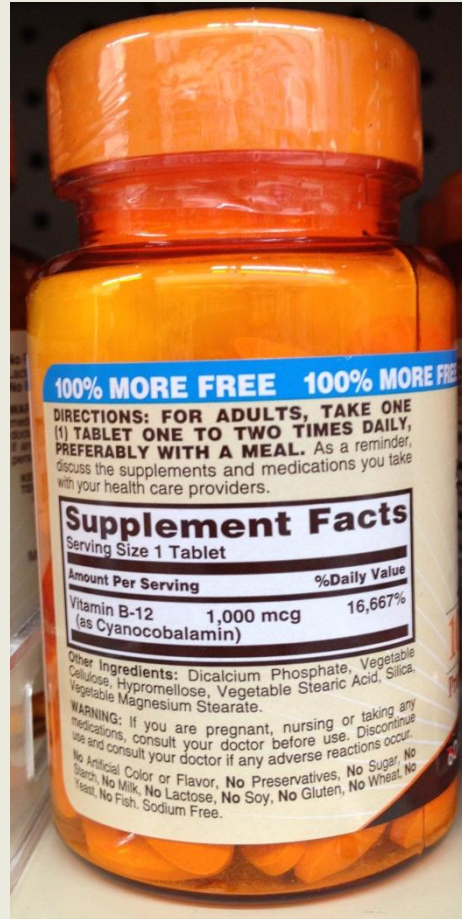
Cost: \$6.99

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



EAS[®] LEAN 15[™]

FOR THOSE WHO SEEK TO

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[®] Sports Nutrition, please visit www.AbbottNutrition.com.

Nutrition Facts

Serving Size 2 Scoops (30 g)
Servings Per Container About 25

Amount Per Serving		Calories from Fat 15	
Calories 100			
	% DV*		% DV*
Total Fat 1.5 g	2%	Potassium 130 mg	4%
Saturated Fat 1 g	5%	Total Carb. 11 g	4%
Trans Fat 0 g		Dietary Fiber 5 g	20%
Cholesterol 40 mg	13%	Sugars 2 g	
Sodium 115 mg	5%	Protein 15 g	30%
Vitamin A	0%	Vitamin C	100%
Calcium	10%	Iron	0%
Vitamin E	270%	Thiamin	10%
Riboflavin	10%	Niacin	10%
Vitamin B ₆	10%	Folate	10%
Vitamin B ₁₂	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:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

INGREDIENTS: WHEY PROTEIN CONCENTRATE (WHEY PROTEIN CONCENTRATE, SOY LECITHIN), POLYDEXTROSE, MICELLAR CASEIN, WAXY MAIZE STARCH-MODIFIED, SHORT-CHAIN FRUCTOOLIGOSACCHARIDES, LESS THAN 2% OF THE FOLLOWING: ARTIFICIAL FLAVOR, ASCORBIC ACID, D-ALPHA-TOCOPHERYL ACETATE, SALT, CORN MALTODEXTRIN, SUCRALOSE, ACESULFAME POTASSIUM, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, FOLIC ACID, CYANOCOBALAMIN AND CALCIUM PANTOTHENATE. CONTAINS MILK AND SOY INGREDIENTS; MANUFACTURED IN A FACILITY THAT PROCESSES EGG AND FISH INGREDIENTS.

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



DO NOT USE ONLY IF OUTER SEAL IS BROKEN OR MISSING.

Nutrition Facts

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

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

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

Other Ingredients: Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Resistant Maltodextrin (Source of Soluble Fiber), Maltodextrin, Pure Care Sugar, Sunflower Oil, BCAA+Glutamine Blend (L-Leucine, L-Isoleucine, L-Valine, L-Glutamine), Natural Flavors, Food Starch Modified, Guar Gum, Salt, Acesulfame Potassium, Sucralose, Dipotassium Phosphate, Tricalcium Phosphate, Mixed Tocopherols.

Contains Milk and Soy.

DIRECTIONS: Adults add one (1) scoop (27g) to 8 fl. ounce of water or your favorite beverage. Mix in shaker or a blender and drink immediately for best results. You can drink 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.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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

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.

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

Amount Per Serving	Mix	with 8 fl oz Skim Milk
Calories	150	230
Calories from Fat	20	20
	% Daily Value*	
Total Fat 2g, 2g	3%	3%
Saturated Fat 1g, 1g	5%	5%
Trans Fat 0g, 0g		
Cholesterol 45mg, 50mg	15%	17%
Sodium 60mg, 160mg	3%	7%
Potassium 180mg, 480mg	5%	14%
Total Carbohydrate 8g, 20g	3%	7%
Dietary Fiber 0g, 0g	0%	0%
Sugars 2g, 14g		
Protein 26g, 34g	52%	68%
Vitamin A	1%	11%
Vitamin C	0%	0%
Calcium	12%	42%
Iron	5%	5%
Vitamin D	0%	25%

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 Monohydrate, Nondairy Creamer (Sunflower Oil, and Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Lecithin, Tocopherols), Natural and Artificial Flavors, Guar Gum, Cellulose Gum, Lecithin, Acesulfame Potassium, Sucralose, Papain, Amylase

ALLERGENS: CONTAINS MILK AND SOY. MADE IN A PLANT THAT ALSO PROCESSES EGG, PEANUT AND...

Finest Nutrition® Whey Protein 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.

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.

DISTRIBUTED BY: WALGREEN CO.
200 WILMOT RD., DEERFIELD, IL 60015
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100% SATISFACTION GUARANTEED
PRODUCT OF U.S.A.

ITEM 161542

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, 1st 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 1st Step (only 15 servings)
 - ✦ Fewest calories, contains more vitamins
 - Best option for higher protein content: Finest Nutrition