

Forum:[Hack Forums](#)

Thread: [Soy Lecithin](#)

Deathscythe - October 29, 2014, 4:05 pm

So, i'm new to lifting (only been doing it for 4 months) and i've read a whole bunch of shit of how bad soy products are and how they give you gyno.

I've been looking for a protein supplement for that extra protein intake and can't find anything without it.

I really don't want man boobs because that's what i'm trying to get rid of lol.

I'm really looking to cut down and build muscle.

So any supps that are pretty good and DON't have soy in them?

Warbiest - October 29, 2014, 5:56 pm

Milk I guess. If you need lots of protein milk is pretty great on per litre basis. Or just use protein powder, unlike people who don't know shit would have you believe, protein powder isn't unhealthy and has nothing to do with steroids. It's just proteins lol.

?Y-3 - October 29, 2014, 6:22 pm

Just buy normal whey protein, typically the most cost effective. A tiny bit of soy won't hurt, you're overthinking it. Consuming a bit of soy here and there won't hurt you, just don't go on an all-soy diet or something.

I'd recommend cellucor cor-performance whey or optimum nutrition gold standard whey.

Super Saiyan God - October 30, 2014, 10:20 am

Just don't buy any protein powder at all

Deathscythe - October 30, 2014, 3:35 pm

(Oct 30, 2014 10:20 AM)Super Saiyan God Wrote: [\[CITE\]](#) Just don't buy any protein powder at all
So what should I do for protein?

Just eat it like chicken/eggs etc?

That's better than a supp?

(Oct 29, 2014 06:22 PM)bloopoo15 Wrote: [\[CITE\]](#) Just buy normal whey protein, typically the most cost effective. A tiny bit of soy won't hurt, you're overthinking it. Consuming a bit of soy here and there won't hurt you, just don't go on an all-soy diet or something.

I'd recommend cellucor cor-performance whey or optimum nutrition gold standard whey.

I'm thinking about getting GNC's Puredge Protein Plus.

Has a lot of good stuff in it.

?Y-3 - October 30, 2014, 4:01 pm

(Oct 30, 2014 03:35 PM)The Acacia Strain Wrote: [\[CITE\]](#) So what should I do for protein?

Just eat it like chicken/eggs etc?

That's better than a supp?

I'm thinking about getting GNC's Puredge Protein Plus.

Has a lot of good stuff in it. I personally wouldn't. GNC is a crap store with crap prices, with the exception of coupons, usually 10 off 20.

That protein is only 24 servings, you can get around 70 servings of whey for around \$50 sometimes. Other stuff in that protein isn't needed, and can be gotten through multivitamins.

Bodybuilding.com typically has the most stable prices for supplements.