

Forum:[Hack Forums](#)

Thread: [Whats your go to protein powder](#)

Komodo - May 27, 2016, 8:20 pm

I started out using Optimum Nutrition 100% Whey Gold Standard

Spoiler ([Click to View](#))

[img]http://ecx.images-amazon.com/images/I/81Kqhn8v8yL._SX522_.jpg[/img]

But, now I'm on BSN SYNTHA-6 Protein Powder

Spoiler ([Click to View](#))

[img]http://ecx.images-amazon.com/images/I/61bSINNdWJL._SX522_.jpg[/img]

Currently on the Chocolate Peanut Butter flavor, and it is the best tasting protein powder I have ever had. Was just curious what your guys go to powder is ??

Nyx By Night - May 27, 2016, 8:22 pm

I literally just use organic whey protein and blend it in with high protein milk and fruit.

Komodo - May 27, 2016, 8:23 pm

(May 27, 2016 08:22 PM)Nyx By Night Wrote: ([CITE](#)) I literally just use organic whey protein and blend it in with high protein milk and fruit. I've always mixed my protein with water, is mixing it with milk any good?

Queen Cin - May 27, 2016, 8:42 pm

MTS Nutrition Whey

I just like Marc and his company so.

Virtualize - May 27, 2016, 9:23 pm

I've used a lot of different whey proteins over the years. As of right now I'm using the same one you have (Optimum Nutrition) and think it's great!

Gladly - May 27, 2016, 9:27 pm

BSN SYNTHA-6 is a pretty bad protein powder, you should probably switch back to ON Whey. Definitely recommend you check out Labdoor if you haven't, they run lab tests on supplements and proteins. Here's the rankings for best proteins, with BSN Syntha-6 sitting at 47th:

<https://labdoor.com/rankings/protein>

I use MyProtein Whey Isolate and ON Whey. As good as MyProtein's protein powder is, it literally tastes like vomit and spoiled milk and I don't recommend it.

Komodo - May 27, 2016, 9:31 pm

(May 27, 2016 09:27 PM)Gladly Wrote: ([CITE](#)) BSN SYNTHA-6 is a pretty bad protein powder, you should probably switch back to ON Whey. Definitely recommend you check out Labdoor if you haven't, they run lab tests on supplements and proteins. Here's the rankings for best proteins, with BSN Syntha-6 sitting at 47th:

<https://labdoor.com/rankings/protein>

I use MyProtein Whey Isolate and ON Whey. As good as MyProtein's protein powder is, it literally tastes like vomit and spoiled milk and I don't recommend it. I'm on BSN Syntha just as a test right now, I'm about a week into the powder but after seeing this I'm definitely going to switch back when I run out of it Imao. Optimum Nutrition is at 14 with an A-, thanks for showing me this.

FatalFox - May 27, 2016, 9:41 pm

Beans is my go to protein Imao.

Nyx By Night - May 27, 2016, 9:46 pm

(May 27, 2016 08:23 PM)Komodo Wrote: [\[CITE\]](#) I've always mixed my protein with water, is mixing it with milk any good?

Either is fine in my experience, but the milk I use is filtered and as a result has less lactose and more protein, just what I prefer. A bit easier to digest aswell.

Dem?n - May 27, 2016, 9:46 pm

Food.

Best protein there is.

Grimzyy - May 28, 2016, 7:08 am

My protein impact whey is my protein of choice, lab door says its number 3 so I'm happy with that. Banana flavour tasted fine I've had 15kg of it

Komodo - May 28, 2016, 8:48 am

(May 28, 2016 07:08 AM)Blackness Wrote: [\[CITE\]](#) My protein impact whey is my protein of choice, lab door says its number 3 so I'm happy with that. Banana flavour tasted fine I've had 15kg of it I've tried banana from Optimum Nutrition, maybe it's just me but I started to hate it after week 1. I think I'm gonna stick with either peanut butter or chocolate for now on.

Pluxo - May 28, 2016, 8:50 am

(May 27, 2016 08:20 PM)Komodo Wrote: [\[CITE\]](#) I started out using Optimum Nutrition 100% Whey Gold Standard

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[img]http://ecx.images-amazon.com/images/I/81Kqhn8v8yL._SX522_.jpg[/img]

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Deez nuts.

Just kidding, I don't use powder I just work out.

KLNV - May 28, 2016, 9:37 am

Anything Whey man, good reputable brand that I have been using for a long time

Eternal. - May 28, 2016, 9:41 am

Used Muscle Milk protein powder for a while but wouldn't recommend it.

Queen Cin - May 28, 2016, 9:57 am

(May 28, 2016 09:41 AM)Eternal. Wrote: [\[CITE\]](#) Used Muscle Milk protein powder for a while but wouldn't recommend it.

Lmao yeah, Do not use Muscle Milk

Komodo - May 28, 2016, 10:08 am

(May 28, 2016 09:41 AM)Eternal. Wrote: [\[CITE\]](#) Used Muscle Milk protein powder for a while but wouldn't recommend it.

(May 28, 2016 09:57 AM)LeminLyme Wrote: [\[CITE\]](#) Lmao yeah, Do not use Muscle MilkI've never used Muscle Milk, but my gym buddy does. What's bad about it?

George125 - May 28, 2016, 10:10 am

Just eat canned tuna. One single can contains 40 grams of protein, that's a shock right?

Nyx By Night - May 28, 2016, 7:23 pm

(May 28, 2016 10:10 AM)George125 Wrote: [\[CITE\]](#) Just eat canned tuna. One single can contains 40 grams of protein, that's a shock right?

Yes but if you're going to the gym every day or every second day, eating tuna isn't going to be good for you. https://en.wikipedia.org/wiki/Tuna#Mercury_levels

Komodo - May 28, 2016, 7:34 pm

(May 28, 2016 10:10 AM)George125 Wrote: [\[CITE\]](#) Just eat canned tuna. One single can contains 40 grams of protein, that's a shock right?<https://www.youtube.com/watch?v=sn-KDTxTWql&t=3m5s>

I think this guy is funny, had to add for the tuna comment.

Super Saiyan God - May 28, 2016, 7:39 pm

Fucking worthless don't use protein shakes

Komodo - May 28, 2016, 7:41 pm

(May 28, 2016 07:39 PM)Super Saiyan God Wrote: [\[CITE\]](#) Fucking worthless don't use protein shakesWhat's your reasoning behind this?

Super Saiyan God - May 28, 2016, 7:43 pm

(May 28, 2016 07:41 PM)Komodo Wrote: [\[CITE\]](#) What's your reasoning behind this?

Google how much protein a human body

Can absorb, You'll find out it's not over 150 grams

Komodo - May 28, 2016, 7:48 pm

(May 28, 2016 07:43 PM)Super Saiyan God Wrote: [\[CITE\]](#) Google how much protein a human body Can absorb, You'll find out it's not over 150 gramsProtein is good for lifters though. When you're spending more time working out, just starting to workout, or are healing from an injury, you need more protein in your body than you normally would, hence why protein shakes are a thing.

Free Kodak - May 28, 2016, 7:49 pm

(May 28, 2016 07:43 PM)Super Saiyan God Wrote: [\[CITE\]](#) Google how much protein a human body Can absorb, You'll find out it's not over 150 gramsYea he's got a point depending on the person you do not need to drink shakes. I eat 7 meals a day so my protein intake is high. I only drink shakes when I am not home or able to eat my meals.

Komodo - May 28, 2016, 7:51 pm

(May 28, 2016 07:49 PM)WashedUp Wrote: [\[CITE\]](#) Yea he's got a point depending on the person you do not need to drink shakes. I eat 7 meals a day so my protein intake is high. I only drink

shakes when I am not home or able to eat my meals. I only eat 4-5 times a day, so I still need to take the protein shake. But yes, eating that many times a day could substitute for a shake.

Free Kodak - May 28, 2016, 8:01 pm

(May 28, 2016 07:51 PM)Komodo Wrote: [\[CITE\]](#) I only eat 4-5 times a day, so I still need to take the protein shake. But yes, eating that many times a day could substitute for a shake. Yea for sure its all based on the individual. Not everyone is able to eat 7+ meals a day so I see where you are coming from.

\$hady - May 28, 2016, 8:02 pm

I use muscle milk. I mix it with milk and that usually works well. A spoon and a half

Gladly - May 28, 2016, 9:04 pm

(May 28, 2016 07:39 PM)Super Saiyan God Wrote: [\[CITE\]](#) Fucking worthless don't use protein shakes What?

Protein shakes are for getting to your allotted daily protein intake, so you don't have to eat chicken and beans all day. They're also good if you need a fast-absorbing protein after a workout. Protein shakes give ~30g of protein per scoop, so having two or three in a day already puts you at 120g of protein, which is great for someone who regularly exercises. Not sure I get what's worthless about them.

Track Star - May 28, 2016, 9:06 pm

Gold's Standard on Double Chocolate or Mocha, fucking good mate. I could drink the cappuccino one all day

Super Saiyan God - May 28, 2016, 9:28 pm

(May 28, 2016 09:04 PM)Gladly Wrote: [\[CITE\]](#) What?

Protein shakes are for getting to your allotted daily protein intake, so you don't have to eat chicken and beans all day. They're also good if you need a fast-absorbing protein after a workout. Protein shakes give ~30g of protein per scoop, so having two or three in a day already puts you at 120g of protein, which is great for someone who regularly exercises. Not sure I get what's worthless about them. dude you should be hitting 120 grams of protein with your food intake not including the shakes . If you're not then your diet is all sweets . Those guys that eat chicken and beans all day try to consume way more than 120 grams.

120 grams aint shit

Paying for shakes is a total rip off just like creatine .

You might as well spend the exact same amount of money on steroids than protein shakes .

I hope your spiking your insulin levels when you consume this so called " fast absorb protein"

Gladly - May 28, 2016, 10:11 pm

(May 28, 2016 09:28 PM)Super Saiyan God Wrote: [\[CITE\]](#) dude you should be hitting 120 grams of protein with your food intake not including the shakes . If you're not then your diet is all sweets . Those guys that eat chicken and beans all day try to consume way more than 120 grams.

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Paying for shakes is a total rip off just like creatine .

Like I said, they're to help you get to your daily protein intake, or to vary it. It's not the only protein you're getting in the day. 120 grams from shakes alone is more than plenty for most people lifting

weights and exercising. Not sure who "those guys" are, but I'm guessing you mean professional body builders.

(May 28, 2016 09:28 PM)Super Saiyan God Wrote: [\[CITE\]](#) I hope your spiking your insulin levels when you consume this so called "fast absorb protein"

When I say fast-absorbing, I am saying that whey protein digests quickly, so whey protein shakes are very convenient before or after a workout.

(May 28, 2016 09:28 PM)Super Saiyan God Wrote: [\[CITE\]](#) You might as well spend the exact same amount of money on steroids than protein shakes .

Lol what

Kebabs - May 28, 2016, 10:15 pm

strawberry gold standard on - whey

tastes like fucking ass.

Meowth - May 28, 2016, 10:17 pm

My go-to protein powder is Syntha 6. I currently have the cookies and cream flavor and it is undoubtedly the best tasting protein powder I have ever had.

[Rn] 7s^2 - May 29, 2016, 1:17 am

(May 27, 2016 08:20 PM)Komodo Wrote: [\[CITE\]](#) I started out using Optimum Nutrition 100% Whey Gold Standard

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Currently on the Chocolate Peanut Butter flavor, and it is the best tasting protein powder I have ever had. Was just curious what your guys go to powder is ??

I hear people say that those who take protein powders aren't natural.

It is just protein. Doesn't matter if it is from food or powder. I think it's OK to take it.

Super Saiyan God - May 29, 2016, 1:53 am

(May 28, 2016 10:11 PM)Gladly Wrote: [\[CITE\]](#) Like I said, they're to help you get to your daily protein intake, or to vary it. It's not the only protein you're getting in the day. 120 grams from shakes alone is more than plenty for most people lifting weights and exercising. Not sure who "those guys" are, but I'm guessing you mean professional body builders.

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Lol whatSorry for not being specific enough .

What I'm saying is an average person who doesn't even lift is getting enough protein a day without

consuming shakes .With that said you don't need shakes, because the shakes won't be absorbed because you have hit the 120-150 grams of protein goal .

Also 120 grams per day from shakes alone is dam excessive that's 5 scoops a day . Talk about being expensive .

My last point is, if your looking for " gains" instead of spending \$30 a month on protein shakes (3 scoops a day) purchase anabolic steroids instead for the same price of not cheaper . Studying philosophy, the fact is your body is very limited on how much muscle it can hold and maintain with low body fat at the same time which is based on your testosterone and igf levels (genetics).

Sooo instead of spending \$30 a month on protein you can spend \$30 a month on steroids and make 10x more gains without even lifting .

<http://www.ncbi.nlm.nih.gov/pubmed/11701431>

(May 29, 2016 01:17 AM)vipulcoolrule Wrote: [\[CITE\]](#) I hear people say that those who take protein powders aren't natural.

It is just protein. Doesn't matter if it is from food or powder. I think it's OK to take it.
Does it matter? Are you guys competing ? O wait the people competing aren't natural .

Dylan. - May 29, 2016, 11:59 am

(May 29, 2016 01:53 AM)Super Saiyan God Wrote: [\[CITE\]](#) Sorry for not being specific enough .

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Does it matter? Are you guys competing ? O wait the people competing aren't natural .Get your Fucking Gyno cut out fatty, you're legitimately drug fucked now, why are you even here?

ZYZZ BRAHHH - May 29, 2016, 12:07 pm

Best site to buy supplements that's legit myprotein cheap azz fuck.

And if your looking for a good gardening fertilizer, happens to be in caps too!

<http://enhancedathlete.com/products/dinitrophenol-dnp-3-per-300mg-capsule-fertilizer>

Dylan. - May 29, 2016, 12:14 pm

(May 29, 2016 12:07 PM)ZYZZ BRAHHH Wrote: [\[CITE\]](#) Best site to buy supplements that's legit myprotein cheap azz fuck.

And if your looking for a good gardening fertilizer, happens to be in caps too!

<http://enhancedathlete.com/products/dinitrophenol-dnp-3-per-300mg-capsule-fertilizer>

Asks for protein powder..

Links one fo the most toxic drugs on the earth, wow.

Also the drug your idol zyyy died from lol

ZYZZ BRAHHH - May 29, 2016, 12:34 pm

(May 29, 2016 12:14 PM)Dylan. Wrote: [\[CITE\]](#) Asks for protein powder..

Links one fo the most toxic drugs on the earth, wow.

Also the drug your idol zyyy died from lol>protein powder is a supplement

>clen contributed to Zyyy's death/doctors said he had undiagnosed heart condition also

>dnp is as safe as aspirin(compare hospitalizations from aspirin to DNP.)

Meowth - May 29, 2016, 9:13 pm

(May 29, 2016 12:07 PM)ZYZZ BRAHHH Wrote: [\[CITE\]](#) Best site to buy supplements that's legit myprotein cheap azz fuck.

And if your looking for a good gardening fertilizer, happens to be in caps too!

<http://enhancedathlete.com/products/dinitrophenol-dnp-3-per-300mg-capsule-fertilizer>

I wonder how many people have disregarded this warning and proceeded to consume fertilizer.

Tharp - May 29, 2016, 9:16 pm

Optimum Nutrition Gold Standard Whey Protein.

Super Saiyan God - May 30, 2016, 1:04 am

(May 29, 2016 11:59 AM)Dylan. Wrote: [\[CITE\]](#) Get your Fucking Gyno cut out fatty, you're legitimately drug fucked now, why are you even here?

I didn't know I have gyno, could have sworn the gyno vanished a year ago . Thanks for the update

ZYZZ BRAHHH - May 30, 2016, 10:00 am

(May 29, 2016 09:13 PM)Borderlands Wrote: [\[CITE\]](#)

I wonder how many people have disregarded this warning and proceeded to consume fertilizer.

Lowkey if anyone buys tell me if they actually get shipped something, they have GH on that site too lol.

iSnitch - May 30, 2016, 10:02 am

Myprotein whey impact if i have to use whey. Currently using blueberry cheesecake and i don't really like it that much.. Raspberry Vanilla was best one IMO

7Summers - May 30, 2016, 10:05 am

musclepharm is unrivaled for me, I have tried most.

Divinity - May 30, 2016, 10:59 am

Any Weider protein will do for me. Been using "True mass" for quite a while now, just love everything about it. Has good nutrients and tastes good.

goliath1336 - May 30, 2016, 1:32 pm

Gold's Standard on Double Chocolate .

Vehicular - May 30, 2016, 3:42 pm

I currently have a tub of ON Whey, strawberry flavored. So far, it's been great tasting. I have 2 other 4lb tubs of COR-Performance Whey sitting.

Komodo - May 30, 2016, 3:44 pm

(May 30, 2016 10:02 AM)KEK\$ Wrote: [\[CITE\]](#) Myprotein whey impact if i have to use whey. Currently using blueberry cheesecake and i don't really like it that much.. Raspberry Vanilla was best one IMO Never tried Raspberry vanilla, might have to give that one a try sounds good.

Maximum - May 31, 2016, 1:42 am

I stopped drinking protein shakes but once in a while I'll go with Gold Standard, either Double Chocolate, Cookies & Cream, or Cappuccino.

FreeshineJustin - May 31, 2016, 6:39 pm

I've gone through tons of protein powders over my years. If your looking for a good tasting protein syntha-6 is good but also comes with a lot of sugar and un-needed calories. Goldstandard is a great lean protein along with something like muslcemilk. MTS is also great and sometimes has some really good sales. combat is just shit.

Darklordz - June 2, 2016, 12:02 am

I have used on pro complex , on gold standard , bsn syntha 6.
Personally i feel on gold standard is d best among these.

Handsome - March 25, 2022, 9:43 am

Idek, I was getting vanilla whey in my pb&banana smoothie, but now I'm trying a plant based protein, not sure on the brand, can't taste the difference either.

Komodo - March 25, 2022, 9:44 am

(Mar 25, 2022 09:41 AM)Dyne Wrote: [\[CITE\]](#) Sometimes I drink a tall, 1L glass of oil when I'm feeling badass.

I used to drink with this Italian guy in the military that would take a couple shots of olive oil before we would drink.

He claimed it coated his stomach so that he could drink more. No idea if it worked, but he was an alcoholic so I believed it.