

A guide to protein powders



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Thorne's line of high quality protein powders ensures you get the best fit for your dietary and lifestyle needs.

Protein: an introduction

The importance of protein

Protein is one of three key nutrients that your body needs daily. Protein is considered a macronutrient, along with carbohydrates and fats. It is found in both animal sources and plant sources. The quality of a protein is based on the amounts and types of amino acids it provides. Typically, animal proteins from meat, fish, poultry, dairy, and eggs have more of the amino acids the body needs than do proteins from plants, such as soybeans, peas, rice, and vegetables. Plant-based proteins are often missing one or more “essential amino acids” – making them incomplete proteins. What is an essential amino acid? It’s an amino acid needed by the body but that cannot be made in the body.

Collagen makes up about 30 percent of the protein in the body. Collagen powders are usually made up of short chains of specific amino acids (proline, glycine, and hydroxyproline in particular) called peptides.

Who could benefit from a protein supplement?

It’s important for everyone to get adequate protein as part of a healthy diet. Certain conditions or lifestyle choices may increase the body’s need for protein.

Here are some groups of people who might benefit from protein supplementation:

- / Individuals who engage in strenuous exercise
- / Vegans and vegetarians
- / Growing children and adolescents
- / Individuals recovering from surgery*
- / Individuals healing from an injury or burn*
- / People on a weight management program or a calorie-restricted diet*
- / Older adults, whose protein needs increase at the same time they might be eating less due to reduced appetite, difficulty chewing or swallowing, or poor digestion
- / Anyone wanting support for healthy skin, hair, and nails.*



How can protein supplements affect my health?

Sufficient protein can help you in several ways:

- / Promotes overall nutritional health*
- / Helps maintain muscle mass*
- / Supports healthy immune function*
- / Promotes muscle recovery after strenuous exercise*
- / Supports healthy skin, hair, and nails*

How do I take a protein supplement?

Most protein supplements are provided as a flavored or unflavored powder. You can add that powder to liquids or soft foods (such as oatmeal or applesauce), or blend it with ingredients such as ice and fresh fruit to make a shake. See the recipes on pages 8-15.





Collagen Fit

Unflavored / Unsweetened

- ✓ Nutrient support for joints, muscles, bones, and skin*
- ✓ Improves activity-related or exercise-induced joint pain*
- ✓ Promotes the growth of lean muscle mass*



Collagen Plus

Passion Berry

- ✓ Enhances the health of skin, hair, and nails*
- ✓ Promotes the hydration, elasticity, and strength of the skin*
- ✓ Reduces fine lines and wrinkles and lightens and brightens skin pigment*
- ✓ Supports skin hydration for dry, rough, scaly skin*



MediClear Plus®

Unflavored / Unsweetened

- ✓ Formulated to support liver and colon detoxification*
- ✓ Well-absorbed botanical phytosomes
- ✓ Maintains the body's normal inflammatory response to toxins*



MediClear-SGS™

Chocolate / Vanilla

- ✓ Support for detox programs and elimination diets*
- ✓ Enhanced liver support from sulforaphane glucosinolate (SGS)*
- ✓ Provides long-lasting cell protection from free-radical damage*



RecoveryPro®

Chocolate

- ✓ NSF Certified for Sport®
- ✓ Supports restful sleep and enhances lean muscle mass*
- ✓ Optimizes nighttime muscle recovery*







Whey Protein Isolate

Chocolate / Vanilla

- ✓ NSF Certified for Sport®
- ✓ Ideal for people who need additional protein in their diets*
- ✓ Supports fitness training, weight management, and healthy lifestyle*

A side by side comparison

	MediClear Plus® Unflavored 	MediClear-SGS™ Chocolate 	MediClear-SGS™ Vanilla 	RecoveryPro® Chocolate 
Calories	100	170	190	140
Total fat	1.5 g	3.5 g	5 g	6 g
Protein	20 g	20 g	20 g	13 g
Fiber	1 g	2 g	1 g	2 g
Total carbs	2 g	9 g	10 g	9 g
Gluten-free	•	•	•	•
Vegetarian	•	•	•	
+ Vitamins & minerals	•	•	•	
Best for	Detox	Detox	Detox	Sports performance*
Add. benefits	GI & liver support*	GI & liver support*	GI & liver support*	Sleep & muscle support*
Spotlight	EXCLUSIVE	EXCLUSIVE	EXCLUSIVE	NSF



	Whey Protein Isolate Chocolate	Whey Protein Isolate Vanilla	Collagen Fit Unflavored	Collagen Plus Passion Berry
Calories	100	100	60	61
Total fat	1 g	0.5 g		
Protein	21 g	21 g	14 g	12 g
Fiber	1 g	1 g		
Total carbs	4 g	3 g		2 g
Gluten-free	•	•	•	•
Vegetarian				
+ Vitamins & minerals				
Best for	Sports performance*	Sports performance*	Muscle & joint support*	Skin, hair & nail support*
Add. benefits	Immune support*	Immune support*	Healthy aging*	Healthy aging*
Spotlight				

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

Thorne powders

Recipe guide



Start your day with a Thorne protein shake or try one of our other unique ways to incorporate protein powder into your diet.

Collagen Fit

MediClear-SGS™ Chocolate

Whey Protein Isolate Chocolate

Collagen Plus

MediClear-SGS™ Vanilla

Whey Protein Isolate Vanilla

MediClear Plus®

RecoveryPro®



Smoothie recipes

Note — You can substitute with your protein powder of choice. If you want to add Collagen Fit or Collagen Plus to any of these, cut the amount of each protein powder in half. You can also cut the recipes in half for a 2 per day experience.

Almond Cinnamon Roll

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS™ vanilla
- 14-16 oz** Almond milk
- ½ tsp** Almond extract
- ½ tsp** Cinnamon

For extra richness, one tbsp of plain, honey, or vanilla yogurt, or one-half of a banana, or several almonds ground to a powder can be added.

Apple Lemon Double Ginger

Ingredients

- 2 scoops** MediClear Plus® or MediClear-SGS vanilla
- 6 oz** Apple juice
- ½ oz** Lemon juice (fresh squeezed)
- 1 tbsp** Ginger juice (optional)
- 2-4 oz** Cold water

For a thicker smoothie, add ice and eliminate water.

Apple Pie

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 4 oz** Unsweetened organic applesauce
- 12-14 oz** Water or milk of choice
- ½ tsp** Cinnamon

For an extra cold shake, freeze single serving containers of applesauce.

Banana Almond Shake

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1** Banana (small)
- 1 tbsp** Almond butter
- 10 oz** Water, unsweetened almond milk, or unsweetened coconut milk
- 4-6** Ice cubes

Banana Chocolate

Ingredients

- 1 scoop** Whey Protein chocolate or 2 scoops MediClear-SGS chocolate
- 2 oz** Coconut milk (plain), rice milk, or nut milk
- 2-4 oz** Cold water
- ½-1** Banana

For a thicker smoothie, add ice and eliminate water.

If your smoothie is too gritty, add 1 tsp flax oil.

Basic Morning Shake

Ingredients

- 2 scoops** MediClear-SGS chocolate or vanilla
- 1 scoop** FiberMend (optional)
- 1 cup** Frozen fruit (organic berries are best)
- 8-10 oz** Water or unsweetened coconut milk

For a thinner shake, add more liquid, up to 10 ounces, and ½ cup of frozen fruit.

For a thicker shake, add 3-4 ice cubes, only 8 ounces liquid and 1 cup of fruit and choose an “add-in” from the list below.

Blueberry Banana

Ingredients

- 2 scoops** Whey Protein Isolate Vanilla
- 16 oz** Liquid of choice (milk, coconut milk, almond milk, cashew milk, water, soymilk)
- 1 cup** Blueberries (frozen or fresh)
- 1** Banana (frozen or fresh)
- ¼ cup** Walnuts
- 1 tbsp** Chia or flaxseed
- 1 cup** Ice

Smoothie recipes

Chocolate-Almond Delight

Ingredients

- 1 scoop** Whey Protein chocolate or 2 scoops MediClear-SGS™ chocolate
- 10 oz** Water
- 1** Small banana
(for a creamier shake, use a frozen banana broken into pieces)
- 1 tbsp** Almond butter
- 4-6** Ice cubes

Cocoa-Berry

Ingredients

- 1 scoop** Whey Protein chocolate or 2 scoops MediClear-SGS chocolate
- 1** Handful of berries
(strawberry, raspberry, blackberry, etc – fresh or frozen)
- 10 oz** Water, unsweetened almond milk, or unsweetened coconut milk
- 4-6** Ice cubes
(Also works with cherries)

Chocolate Coconut Joy

Ingredients

- 1 scoop** Whey Protein chocolate or 2 scoops MediClear-SGS chocolate
- 1 scoop** FiberMend (optional)
- 1 cup** Coconut milk
- 1 tbsp** Almond butter
- ½ tsp** Almond extract
- Desired** Ice

Coconut Cashew Banana

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 8-10** Finely ground cashews
- 12-14 oz** Coconut milk
- 1 tbsp** Coconut milk yogurt
- ½** Banana

Chocolate Orange

Ingredients

- 1 scoop** MediClear-SGS chocolate or ½ scoop Whey Protein chocolate
- 1 scoop** FiberMend (optional)
- 1 cup** Coconut milk
- 1** Peeled orange or 2 peeled tangerines
- Dash** Cinnamon



Smoothie recipes

Dark Chocolate Blueberry Spinach Power Shake

Ingredients

- 1 scoop** Whey Protein chocolate or 2 scoops MediClear-SGS™ chocolate
- 2** Handfuls raw baby spinach or baby kale or 1 scoop of Daily Greens Plus
- 1** Handful frozen blueberries
- 1-2 tbsp** Dark cocoa powder (optional – but recommended)
- 8-10 oz** Water, unsweetened almond milk, or unsweetened coconut milk

Greek Honey Yogurt

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 12-14 oz** Spring water
- 2 tbsp** Greek honey yogurt (or a non-dairy yogurt substitute)

Lemon Zip

Ingredients

- 1 scoop** MediClear-SGS vanilla
- 1 scoop** FiberMend® (optional)
- 1 cup** Coconut milk
- ½ bunch** Organic parsley
- ¼ cup** Blueberries (or other low-glycemic fruit)
- ½"** Ginger root, sliced thin
- ¼"** Lemon slice, seeded, with the peel

Mix well in a high speed blender. If you do not have a high-speed blender, omit the lemon peel.

Nutter Butter

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1 scoop** FiberMend (optional)
- 1 cup** Coconut milk
- 1 tbsp** Almond butter
- Desired** Ice

Nutty Vanilla

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- ¼ cup** Cashews blended with 4 oz of water until creamy
- 12-14 oz** Water
- ½ tsp** Organic vanilla powder or vanilla extract
- 1 tbsp** Chia seeds

For a strawberry twist, add ½ cup organic strawberries

Orange Creamsicle

Ingredients

- 2 scoops** MediClear-SGS vanilla
- 1** Peeled seedless orange
- 8-10 oz** Water, unsweetened almond milk, or unsweetened coconut milk
- 4-6** Ice cubes

(Use chocolate MediClear-SGS for a chocolate-orange shake)

Orange Standby

Ingredients

- 2 scoops** MediClear® (Plus or SGS vanilla)
- 6 oz** Orange juice (fresh squeezed)
- 2-4 oz** Cold water

For a thicker smoothie, add ice and eliminate water.

Orange Passion Fruit

Ingredients

- 1 scoop** MediClear-SGS™ vanilla or ½ scoop of Whey Protein vanilla
- ½ scoop** Collagen Plus
- 2 oz** Orange juice (fresh squeezed)
- 2-4 oz** Cold water
- ½** Banana and/or ½ cup fresh or frozen fruit

For a thicker smoothie, add ice and eliminate water.

Smoothie recipes

Peach Almond Berry

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1 scoop** FiberMend (optional)
- 1 cup** Unsweetened almond milk
- ½ cup** Frozen peaches
- ½ cup** Frozen berries
- ¼ tsp** Pure vanilla extract

Pecan Coconut

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1 tbsp** Finely ground pecans
- 12-14 oz** Coconut milk
- 2** Ice cubes

Peaches and Cream

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1** Fresh peach (small)
- 10 oz** Water, unsweetened almond milk, or unsweetened coconut milk
- 4-6** Ice cubes
- Dash** Vanilla or almond extract (if desired)

Peach Cooler

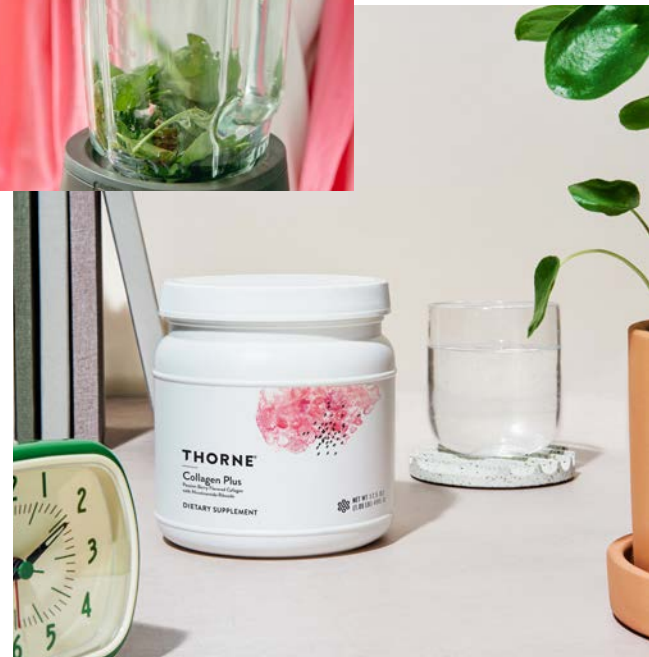
Ingredients

- 2 scoops** MediClear® (Plus or SGS vanilla)
- 6 oz** Pear juice
- 2 oz** Cold water
- ½ cup** Peaches (fresh or frozen)

Peanut Butter Chocolate

Ingredients

- 1 scoop** Whey Protein chocolate or 2 scoops MediClear-SGS chocolate
- 2 tbsp** Peanut butter
- 10 oz** Water, unsweetened almond milk, or unsweetened coconut milk
- 4-6** Ice cubes



Smoothie recipes



Piña Colada

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS™ vanilla
- 2 oz** Coconut milk
- 6 oz** Pineapple juice
- 4 oz** Cold water

Plum Ice

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1** Ripe plum (pitted)
- 10 oz** Water (you may like more in this recipe)
- 4-6** Ice cubes
- Juice** 1 lemon

Pumpkin

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
 - 12-14 oz** Coconut milk (another type of milk can be substituted)
 - 3-4 tbsp** Canned organic pumpkin
 - ½ tsp** Pumpkin pie spice
- For extra richness**, two tbsp of yogurt can be added (plain, vanilla, or honey yogurt, or a non-dairy “yogurt” such as yogurt made from coconut milk can be substituted).

Super Green Smoothie

Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1** Handful of baby spinach or 1 scoop Daily Greens Plus
- ½** Banana (fresh or frozen)
- 1 tbsp** Almond butter
- 10 oz** Water or coconut water

Tart & Tasty

Ingredients

- 2 scoops** MediClear® (Plus or SGS Vanilla)
- 2 oz** Pomegranate juice
- 2 oz** Pear juice
- ½ cup** Raspberries (fresh or frozen)
- 4 oz** Cold water

Tropical Smoothie

Ingredients

- 1 scoop** Collagen Plus
- ¼ cup** Mango (in cubes)
- ½ cup** Pineapple chunks (frozen is great)
- 10 oz** Water or coconut water
- 4-6** Ice cubes

Non-smoothie recipes

Basic Overnight Protein Oats

Ingredients

- ½ cup** Rolled or steel-cut oats
- ½ - 1 tbsp** Sweetener of choice
- ¾ - 1 cup** Milk of choice (dairy, oat, nut, soy, etc.)
- Pinch** salt
- 1 scoop** Whey Protein Isolate Vanilla
- Add-ins** Berries, bananas, honey, cinnamon, vanilla, cinnamon, nuts or seeds, chocolate bits

Directions

Combine dry ingredients in a bowl or container (I use a mason jar) and mix to incorporate.

Add your milk of choice.

Refrigerate overnight (or until liquid is absorbed if you're eating later in the day).

Add extra liquid (milk of choice, honey, syrup, yogurt, etc.) and stir to desired consistency.

Top with the add-ins you like and serve.

Collagen Scrambled Eggs

Ingredients

- 1 tbsp** Olive oil
- ¼** Red bell pepper
- 1 handful** Kale or baby spinach
- 3** Eggs
- ¾ cup** Milk
- 1 scoop** Collagen Fit

Directions

Grease a pan with olive oil.

Chop up bell pepper and kale (or baby spinach) into small pieces.

Add chopped ingredients into a bowl with eggs, milk, and Collagen Fit.

Whisk until all ingredients are evenly mixed.

Pour into pan. Cook on low heat and flip with spatula as eggs cook.

Serve onto plate.

Gluten Free, No-Bake Chocolate Protein Bars

Ingredients

- ½ cup** Any milk you prefer – we used unflavored/unsweetened almond milk
- 1 cup** Unsalted, raw almond butter
- 1 tbsp** Honey
- 1 ¾ cup** Whey Protein Isolate Chocolate
- 2 cups** Uncooked oats
- ½ cup** Unsweetened coconut flakes
- ½ cup** Dried chopped cherries

This classic coconut and cherry combo is delicious and adds great texture – but you could use anything you like – and don't forget to try our Whey Protein Isolate Vanilla as the base to open up a host of new flavor combinations. We've also made these bars with dried hemp seeds, cranberries, and mini dark chocolate chips, which were a hit. Be brave and mix and match your add-ins to create new tasty versions.

Directions

Make sure all ingredients are at room temperature.

Lightly oil a 9 x 11-inch pan or baking sheet.

In a large mixing bowl, **combine** almond butter, honey, and milk.

Add protein powder and mix well. It's going to start to get hard to mix, so be ready to put some muscle into it.

Add the oats. If it's way too thick/dry to mix, then add a little more milk – start with a tablespoon. If you add too much liquid the bars will be very sticky and might not hold up very well. We usually give up on the spoon at this point and knead with our hands like a dough – messy, but fun and honestly more effective.

Add coconut and cherries and combine well.

Press bars into the pan until they are flat and even and cover the whole bottom of the pan. Use a sharp knife to score them into your preferred size/shape.

We recommend **keeping them in the fridge**, or they get pretty soft. Keep the bars in the fridge in an airtight container – they usually last 7-10 days.

Yield – 12-16 bars



Non-smoothie recipes

Gelatin Shots

Ingredients

Adapted from the UC Davis original recipe and makes eight servings

80 grams Gelatin (½ cup or 10 packets of most brands)

1 cup Water

2 cups Other liquid (choice of juice/liquid for flavoring, or additional water and use a natural sweetener to taste)

500 mg Vitamin C

½ capsule Thorne's Ascorbic Acid

¼ scoop Thorne's Buffered C Powder (for additional calcium, magnesium, and potassium)

Directions

Bring the two cups of other liquid to a **boil**.

Mix the gelatin and vitamin C into one cup of room temperature water.

Add the boiling liquid to the gelatin/vitamin C mixture.

Pour into a flat tray or a silicone ice cube tray in eight equal parts.

Place in the refrigerator.

If using a flat tray, **divide** into eight equal pieces.

Options – Maximize this fun delivery system by experimenting with different liquids – such as vegetable or fruit juice – and by adding other nutrients.

We've seen Thorne's Catalyte® used as the "other liquid" to support hydration, while others have added other foundational supplements such as magnesium, iron, or vitamin D.

In a hurry? Athletes can mix 15 grams of gelatin powder into a vitamin C-containing liquid and consume the liquid without waiting for it to set.

Passion Berry Yogurt

Ingredients

1 scoop Collagen Plus

¾ cup Plain Greek yogurt

1 ½ tbsp Gluten-free rolled oats

Optional: Add a few raspberries or blueberries

No-Bake Nutrition Bar

Ingredients

While we have tried many protein bar recipes, this one has a mix of protein, carbohydrates, and fats, with minimal ingredients and endless options to customize, and kids can easily make them because they don't require baking.

1 ½ cup Rolled or quick oats

½ cup Nut butter of choice

½ cup Honey or agave

3-4 scoops Whey Protein Isolate Vanilla
(you can adjust the amount of protein for desired consistency)

Add-ins Berries, bananas, honey, cinnamon, vanilla, cinnamon, nuts or seeds, chocolate bits

Directions

Stir all ingredients together until well mixed.

Transfer to an 8x8-inch pan with wax paper – you can use different size pans for different thickness (we used a square silicone muffin pan)

Line the top of the mixture with another sheet of wax paper and press down to create uniform height (if you have another 8x8 pan, then place it on top and press down)

Freeze until hard, then cut into bars of the desired size

These bars can keep in the freezer for up to a month.

Yield – 10-12 bars

RecoveryPro® Hot Chocolate Recipe

Ingredients

This simple recipe uses RecoveryPro – a chocolate-flavored whey protein blend with additional supplements to promote restful sleep.* A delicious bedtime treat.

1 scoop RecoveryPro

8 oz Either hot or cold water around bedtime



Non-smoothie recipes

Protein-Infused Cold Brew

Ingredients

- ½ cup** Coffee beans
- 4 cups** Water
- 1 scoop** Whey Protein Isolate
(Chocolate or Vanilla depending on preference)
- Optional:** ½ cup of your favorite milk

Directions

Measure and grind coffee beans.

Pour the coffee grounds into a mason jar.

Pour water and stir until evenly mixed.

Steep for 16 hours unrefrigerated or for 24 hours refrigerated.

Tip: For fullest flavor, steep for 36 to 48 hours.

Strain cold brew: **Place** coffee filter holder and filter over top (a flour sack cloth also works) and **pour** into large bowl.

Transfer into a cup for drinking. Put the remainder in a clean jar and store in the refrigerator for **up to one week**.

Add protein powder to cup and stir.

Optional: Dilute cup with as much water or milk as you prefer and stir.

Thorneberry Punch

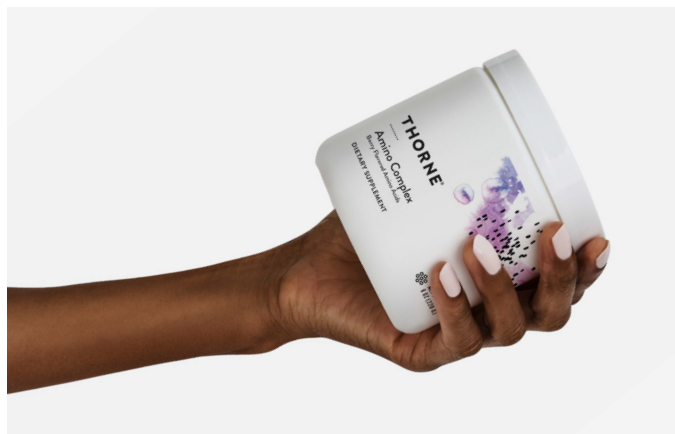
Ingredients

Prepare the Amino Complex Berry by mixing one scoop in 6 ounces of water; shake thoroughly.

- 2 oz** Amino Complex Berry mixture
- 2 oz** Coconut water
- 2 oz** Cranberry juice

Serve over ice with a squeeze of lime.

Delicious way to support lean muscle.



Whey Ice Cream

Ingredients

Whey Protein Ice Cream Base

- 14 oz** Whole milk/coconut milk/almond milk
- 2 oz** Whipping cream
- 4 oz** Half-and-half (or substitute a flavored creamer for variety; but if you go this route, be sure to look for products that meet your dietary preferences)
- ¼ cup** Sour cream
- 2 scoops** Whey Protein Isolate Chocolate or Vanilla
- ½ tsp** Xanthan gum
- 1 tsp** Gelatin

To taste — Up to one cup of sugar – or its equivalent of your preferred sugar substitute/sugar-free flavoring syrup. (Note: Thorne’s Whey Protein Isolate, available in chocolate or vanilla flavor, is already naturally sweetened)

Note — If you use lower fat milk/non-dairy options, then double the amount of gelatin and xanthan gum.

Flavor options — coffee, nuts, frozen fruits, flavored syrups, or additional vanilla extract or cocoa powder.

Directions

Mix all ingredients together except the xanthan gum, gelatin, and optional flavorings (especially if solid). If ingredients are not chilled, then place in the freezer or refrigerator to chill.

Tip — Mix the ingredients in a blender or use an immersion blender.

In a blender or using an immersion blender, **slowly add** the gelatin and xanthan gum, incorporating as best as possible on very low speed.

Alternate — very slowly whisk in the xanthan gum and gelatin, being mindful to break up any clumps of the powder.

Follow the directions on your ice cream maker, adding solid ingredients (fruit, nuts, cookie pieces, or whatever you choose) toward the second half of your machine’s recommended mixing time.

Alternate — Although the outcome won’t be quite the same, we have a hack for those without access to an ice cream maker. After the xanthan gum and gelatin are incorporated (we highly suggest blending) pour the mixture into ice cube trays and let the cubes partially freeze before blending to achieve an ice cream like texture.

Yield — 1.5-2 quarts

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