

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.

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 burns*
- ✓ 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

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*

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.



MediBolic®

Vanilla Cinnamon

- / Formulated specifically for weight and metabolic support*
- / Complete multi-vitamin/mineral complex and added soluble fiber
- / Enhances thermogenesis (fat burning)*

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*

MediClear®

Original

- / Cornerstone of Thorne's detox programs*
- / Contains vegetarian protein and a complete multi
- / Includes beneficial detoxification nutrient cofactors*

MediClear Plus®

Unflavored / Unsweetened

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

VeganPro Complex®

Chocolate / Vanilla

- / Unique vegan protein fermented on shiitake mushrooms for enhanced digestibility
- / Proprietary mushroom blend is rich in beta glucans that support immune function*
- / Contains all nine essential and 11 non-essential amino acids
- / Truly vegan vitamin D3 and DHA, both from algae

A side by side comparison

	Whey Protein Isolate Chocolate / Vanilla	VeganPro Complex® Chocolate / Vanilla	RecoveryPro® Chocolate	MediBolic® Vanilla Cinnamon
	 		  	 
Nutrition				
Calories	100	160	140	140
Total fat	1 g / 0.5 g	3 g	6 g	8 g
Protein	21 g	20 g	13 g	18 g
Fiber	1 g	6 g / 4 g	2 g	10 g
Total carbs	4 g / 3 g	20 g / 18 g	9 g	16 g
Dietary				
Gluten-free	•	•	•	•
Vegan		•		
+ Vitamins & minerals		•		•
Best for	Sports performance*	Foundational	Sports Performance*	Weight management / Metabolic syndrome
Add. benefits	Immune support*	Immune Support*	Sleep & muscle support*	Metabolism*
Spotlight	NSF		NSF	EXCLUSIVE

**MediClear®
Original**



**MediClear Plus®
Unflavored**



**MediClear-SGS®
Chocolate / Vanilla**



120

100

170 / 190

1.5 g

1.5 g

3.5 g / 5 g

20 g

20 g

20 g

2 g

1 g

2 g / 1 g

6 g

2 g

9 g / 10 g

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Detox

Detox

Detox

GI & liver support*

GI & liver support*

GI & liver support*

EXCLUSIVE

EXCLUSIVE

EXCLUSIVE

*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.

/ MediBolic®

/ RecoveryPro®

/ MediClear®

/ VeganPro Complex® Chocolate

/ MediClear Plus®

/ VeganPro Complex® Vanilla

/ MediClear-SGS™ Chocolate

/ Whey Protein Isolate Chocolate

/ MediClear-SGS™ Vanilla

/ Whey Protein Isolate Vanilla

Note — You can substitute with your protein powder of choice. You can also cut the recipes in half for a 2 per day experience.



MediBolic® recipes

Almond Cinnamon Roll

Ingredients

2 scoops — MediBolic

12-14 oz — Almond milk

½ tsp — Almond extract

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 Pie

Ingredients

2 scoops — MediBolic

4 oz — Unsweetened organic applesauce

12-14 oz — Water or milk of choice

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

Coconut Cashew Banana

Ingredients

2 scoops — MediBolic

8-10 — Finely ground cashews

12-14 oz — Coconut milk

1 tbsp — Coconut milk yogurt

½ — Banana

Greek Honey Yogurt

Ingredients

2 scoops — MediBolic

12-14 oz — Spring water

2 tbsp — Greek honey yogurt (or a non-dairy yogurt substitute)

Latte and a Cinnamon Roll

Ingredients

2 scoops — MediBolic

12-14 oz — Organic non-fat milk (or nut milk of choice)

1 shot — Espresso

1-2 — Ice cubes



Nutty Vanilla

Ingredients

2 scoops — MediBolic

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 1/2 cup organic strawberries

Pecan Coconut

Ingredients

2 scoops — MediBolic

1 tbsp — Finely ground pecans

12-14 oz — Coconut milk

2 — Ice cubes

Pumpkin

Ingredients

2 scoops — MediBolic

12-14 oz — Coconut milk (another type of milk can be substituted)

3-4 tbsp — Canned organic pumpkin

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).

For additional spice, a dash of pumpkin pie spice can be added.

MediClear® Suite recipes

Apple Lemon Double Ginger

Ingredients

2 scoops – MediClear (Original, Plus, or 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.

Banana Chocolate

Ingredients

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.

MediClear Latte

Ingredients

2 scoops – MediClear® (Original, Plus, or SGS)

6 oz – Rice or nut milk

2-4 oz – Cold water

Etc – Pero or Dacopa (roasted dahlia syrup from California Natural Products – both coffee substitutes)

For an iced latte, add ice and less water and a dash of cinnamon.

For a MediClear Mocha, use MediClear-SGS Chocolate.

MediClear Piña Colada

Ingredients

2 scoops – MediClear (Original, Plus, or SGS Vanilla)

2 oz – Coconut milk (plain)

6 oz – Pineapple juice

4 oz – Cold water

For a thicker smoothie, add ice and eliminate water.

Orange Standby

Ingredients

2 scoops – MediClear (Original, 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 Standby - version II

Ingredients

2 scoops – MediClear (Original, Plus or SGS Vanilla)

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.

Peach Cooler

Ingredients

2 scoops – MediClear (Original, Plus, or SGS Vanilla)

6 oz – Pear juice

2 oz – Cold water

½ cup – Peaches (fresh or frozen)

Piña Colada

Ingredients

2 scoops – MediClear-SGS Vanilla

2 oz – Coconut milk

6 oz – Pineapple juice

4 oz – Cold water

Tart & Tasty

Ingredients

2 scoops – MediClear (Original, Plus, or SGS Vanilla)

2 oz – Pomegranate juice

2 oz – Pear juice

½ cup – Raspberries (fresh or frozen)

4 oz – Cold water

VeganPro® Complex recipes

Basic Morning Shake

Ingredients

2 scoops – VeganPro Complex – 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 1/2 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.

Banana Almond Shake

Ingredients

2 scoops – VeganPro Complex – vanilla

1 – Banana (small)

1 tbsp – Almond butter

10 oz – Water, unsweetened almond milk, or unsweetened coconut milk

4-6 – Ice cubes

Chocolate Coconut Joy

Ingredients

2 scoops – VeganPro Complex – chocolate

1 scoop – FiberMend (optional)

1 cup – Coconut milk

1 tbsp – Almond butter

½ tsp – Almond extract

Desired – Ice

Chocolate Orange

Ingredients

1 scoop – VeganPro Complex – chocolate

1 scoop – FiberMend (optional)

1 cup – Coconut milk

1 – Peeled orange or 2 peeled tangerines

Dash – Cinnamon

Coffee Cream/Mocha Cream

Ingredients

2 scoops – VeganPro Complex – vanilla

1 shot – Espresso (preferably cooled)

8-10 oz – Water, unsweetened almond milk, or unsweetened coconut milk

4-6 – Ice cubes

Cocoa-Berry

Ingredients

2 scoops – VeganPro Complex – 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)

Dark Chocolate Blueberry Spinach Power Shake

Ingredients

2 scoops – VeganPro Complex – chocolate

2 – Handfuls raw baby spinach (you can also use baby kale)

1 – Handful frozen blueberries

1-2 tbsp – Dark cocoa powder (optional – but recommended)

8-10 oz – Water, unsweetened almond milk, or unsweetened coconut milk

Lemon Zip

Ingredients

1 scoop – VeganPro Complex – vanilla

1 scoop – FiberMend (optional)

1 cup – Coconut milk

½ bunch – Organic parsley

¾ 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

2 scoops – VeganPro Complex – vanilla

1 scoop – FiberMend (optional)

1 cup – Coconut milk

1 tbsp – Almond butter

Desired – Ice

Orange Creamsicle

Ingredients

2 scoops – VeganPro Complex – vanilla

1 – Peeled seedless orange

8-10 oz – Water, unsweetened almond milk, or unsweetened coconut milk

4-6 – Ice cubes

(Use chocolate VeganPro Complex for a chocolate-orange shake)

Peach Almond Berry

Ingredients

2 scoops – VeganPro Complex – vanilla

1 scoop – FiberMend (optional)

1 cup – Unsweetened almond milk

½ cup – Frozen peaches

½ cup – Frozen berries

¼ tsp – Pure vanilla extract

Peaches and Cream

Ingredients

2 scoops – VeganPro Complex – 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)

Peanut Butter Chocolate

Ingredients

2 scoops – VeganPro Complex – chocolate

2 tbsp – Peanut butter

10 oz – Water, unsweetened almond milk, or unsweetened coconut milk

4-6 – Ice cubes

Plum Ice Shake

Ingredients

2 scoops – VeganPro Complex – vanilla

1 – Ripe plum (pitted)

10 oz – Water (you may like more in this recipe)

4-6 – Ice cubes

Juice of 1 lemon

Tropical Smoothie

Ingredients

2 scoops – VeganPro Complex – vanilla

¼ cup – Mango (in cubes)

½ cup – Pineapple chunks (frozen is great)

10 oz – Water or coconut water

4-6 – Ice cubes

Super Green Smoothie

Ingredients

2 scoops – VeganPro Complex – vanilla

1 – Handful of baby spinach

½ – Banana (fresh or frozen)

1 tbsp – Almond butter

10 oz – Water or coconut water

Whey Protein recipes

Basic Whey Protein Shake

Ingredients

1 scoop – Whey Protein Isolate (Chocolate or Vanilla)

5-7 oz – Water or liquid of choice (cow, coconut, cashew, or almond milk)

Basic Whey Protein + Fruit

Ingredients

1 scoop – Whey Protein Isolate (Chocolate or Vanilla)

1 cup – Frozen fruit (organic berries or frozen bananas work best)

8-10 oz – Water or unsweetened coconut milk

Whey Protein Blueberry Banana

Ingredients

2 scoops – Whey Protein Isolate Vanilla

16 oz – Liquid of choice (milk, coconut milk, almond milk, cashew milk, water, soy milk)

1 cup – Blueberries (frozen or fresh)

1 – Banana (frozen or fresh)

¼ cup – Walnuts

1 tbsp – Chia or flaxseed

1 cup – Ice

Whey Protein Chocolate Almond

Ingredients

2 scoops – Whey Protein Isolate Chocolate

16 oz – Liquid of choice (milk, coconut milk, almond milk, cashew milk, water, soy milk)

½ cup – Almonds

1 tbsp – Chia or flaxseed

1 cup – Ice

Shake add-ins

Seeds – Chia, freshly ground flaxseed meal, hemp

Fats – Coconut oil, nut butters, flaxseed oil

Greens – Powdered greens, handful of frozen kale or spinach



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

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

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 of 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

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.

1½ 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

Other Thorne 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 NSF Certified for Sport® 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.

MediBolic Vanilla Cinnamon Protein Pancakes

Ingredients

1 scoop – MediBolic

1 tbsp – Almond or hazelnut meal

2 tbsp – Water, milk, or nut milk

1 – Egg

Note – To make almond or hazelnut meal, place nuts in food processor or grinder.

Directions

Combine ingredients in a bowl. In a non-stick pan, cook on moderate heat for approximately 2-3 minutes on each side. If necessary, you can use olive oil, coconut oil, or a small amount of butter to prevent sticking. Watch carefully as it may burn quickly.

Try serving buttered with a handful of mixed berries or stewed apple and cinnamon.

Serves 1 (4 pancakes)

Pectinate Jello Squares

Ingredients

6 scoops – Thorne's Pectinate

1¼ cup – Room temperature filtered water

¼ cup – Filtered boiled water

2 tbsp – Grass-fed gelatin

Directions

Prepare a loaf pan by greasing it or lining it with baking parchment.

Add 6 level scoops of Pectinate to the 1¼ cup water and whisk vigorously until thoroughly dissolved.

Take ¼ cup of the dissolved Pectinate and place it in a separate medium-sized mixing bowl. Sprinkle the 2 tbsp gelatin powder on top and whisk until it is a thick, smooth paste. The smoother it is, the less lumpy your detox Jello will be.

Boil ¼ cup water and pour it over the gelatin-Pectinate paste. Whisk (carefully so you don't splash yourself with boiling water) until fully dissolved.

Add the remaining Pectinate mixture to the bowl and whisk to combine completely.

Pour into the prepared loaf pan and place in your refrigerator. It should start to set up in the first hour and be completely set in 4-6 hours.

Once set, you can cut this into 6 squares and enjoy.

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

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

THORNE

