**Different types of protein powders available in market and their benefits**

Protein is an essential nutrient in our diet that helps us build muscles, ensure hormonal health, and repair tissue. Protein powders are nutritional supplements that help people tone their muscles and also aid in weight loss. There are different types of plant-based and dairy-based protein powders available commercially. Some of the possible health benefits of protein powder are weight management, muscle growth, recovery after exercise, and additional nutrition.

**What Is Protein Powder**

Protein powders are a rich source of proteins from sources such as plants and animals. They are commonly found in three forms:

* Concentrates – This form contains around 60% to 80% protein and 20% to 40% fats and carbs.
* Isolates – This form contains around 90% to 95% of proteins.
* Hydrolysates – These are absorbed more quickly in the body.

To help you choose a protein powder that is most suitable for you, here is a list of different types of protein powders for you to consider:

**Whey Protein –**

Whey protein contains nine essential amino acids that are not naturally present in the human body. It  is made from cow’s milk and is considered as a rapidly absorbed proteins in the bloodstream.

**Casein Protein –**

Casein protein is absorbed in the bloodstream at a slower rate than whey protein and, thus, acts as a deterrent for quick muscle growth. People consuming casein protein usually take it for breakfast or before going to sleep.

**Soy Protein –**

Soy protein is the perfect type of protein for vegans (or those who are lactose intolerant). Dehulled and defatted soybeans are the prominent ingredients of soy protein. Just like casein protein, soy protein is not absorbed quickly by the body. However, soy protein contains higher quantities of glutamine and arginine compared to other types of protein powder. Thus, soy protein is a preferred choice by experts to maintain and build muscles.

**Pea Protein –**

Pea protein is one of the best choices for people who have weak digestive systems, that is, ones who face problems digesting soy or are lactose intolerant. Yellow pea is the primary source of pea protein. However, it is important to note that pea protein does not have all the essential amino acids; hence, it is not considered a complete protein. You need to combine pea protein with other proteins to ensure that your body gets an adequate protein supply.

**Egg-White Protein –**

This protein is made from dried egg whites; the digestion rate of egg white protein is higher than casein protein but is less than that of whey protein.