

# Protein Powder Label Red-Flag Checklist

Use this sheet when the powder feels like the variable, not the whole diet.

Check	Notes
Whey concentrate vs isolate	
Inulin, chicory, Jerusalem artichoke, or FOS	
Polyol sweeteners	
Scoop size	
Milk base used with the powder	
Fruit, fiber, or caffeine stacked into the shake	
Food-first comparison meal tried yet	

If the simple meal is easier to tolerate, troubleshoot the formula before you blame protein itself.