# MyProtein Impact Whey Protein Powder: A Top-Rated Supplement for Affordable and Nutritious Protein Intake



The MyProtein Impact whey protein powder has been recognized as one of the top protein powders on the market, known for its vegetarian and gluten-free formulation. Retailing at £18.99 per 1kg bag, which provides 33 servings, this product ranks highly due to its affordability and nutritional benefits.

Each serving contains 114 calories—comparable to a banana—but offers prolonged satiety without sugar spikes, as well as 23 grams of protein and 2 grams of leucine, which aids in protein synthesis and recovery. The British Nutrition Foundation recommends a daily protein intake of 0.75 grams per kilogram of body weight, making this powder an efficient supplement for meeting those needs.

Moreover, the MyProtein Impact whey features a diverse range of over 30 flavors, including unique options like cinnamon danish and various chocolate variations. This wide flavor variety sets it apart from other brands that typically offer only standard flavors like chocolate, vanilla, or unflavored.

Independent laboratory tests have awarded this protein powder a grade A, indicating its high quality. The product contains minimal sugar, approximately 1g to 1.5g per serving, depending on the flavor, and is not heavily reliant on sweeteners. This has positioned it favorably among experts and consumers looking to maintain a healthy diet without compromising on taste.