

UPMC Bariatric Surgery

The region's leading experts in the field of transformation.

Magee-Womens Hospital of UPMC

Recommended single-serving supplements

Company	Product	Calories	Protein	Serving Size	Website
Cytosport	Muscle Milk Light	160	20g	14 oz.	www.cytosport.com
Cytosport	Cytomax Protein Ready to Drink	160	40g	20 oz.	www.cytosport.com
Quest Nutrition	Quest Bars	160-190	20g	1 bar	www.questnutrition.com
Premier Nutrition	Premier Protein Shake	160	30g	11 oz.	www.premiernutrition.com
Worldwide Sport Nutritional Supplements	Pure Protein Shake	150 - 180	35g	11 oz.	www.pureprotein.net
Worldwide Sport Nutritional Supplements	Pure Protein Shake	120	23g	12 oz.	www.pureprotein.net
Fair Oaksfarm	Core Powder Shake	190-250	20-26g	11.5 oz.	www.corepower.com
Worldwide Sport Nutritional Supplements	Pure Protein Bars	180 - 200	20g	1 bar	www.pureprotein.net
Worldwide Sport Nutritional Supplements	Pure Protein Bars	220	26 - 32g	1 bar	www.pureprotein.net
Premier Protein	Premier Protein Bar	280-300	30g	1 bar	www.premierprotein.com
GNC	Pro Performance Pro Crunch Bar	140	12g	1 bar	www.gnc.com
EAS	Myoplex Carb Control Shake	150	25g	11 oz.	www.eas.com
EAS	Myoplex Carb Control Bar	260	25g	1 bar	www.eas.com
EAS	Myoplex Lite Shake	170	20g	11 oz.	www.eas.com
EAS	Myoplex Lite Nutrition Bar	190	15g	1 bar	www.eas.com
About Time	About Time	103	25g	1 scoop (28.4g)	www.tryabouttime.com
Prosynthesis Labs, Inc	Unjury	90	20g	1 scoop (27g)	www.unjury.com

The product names above are trademarks of their respective owners.