



Protein Powder

Did you know that your protein powder might be a huge trigger for your breakouts? What most people don't know is that whey and casein (two of the more commonly used ingredients in protein powders) are primary contributors to causing acne. This is because both of these proteins are made from **dairy, which is a major acne trigger**. The next most common protein source is **soy**, which is equally triggering. If you suffer from acne, you will want to avoid these types of protein powder sources and search for alternatives that are plant-based or non-dairy/non-soy options.

It is also important to understand not all plant-based protein powders are safe either....be sure to double-check them for "**super greens**", such as spirulina, chlorella, algae, maca, kelp, seaweed, etc. Finally, an additional ingredient to look out for is **Biotin** as it is also a huge contributor to acne breakouts.

Acne-Safe Protein Powders

Alani Nu Plant Protein

Aloha Plant-Based Protein Powder

Ancient Nutrition Bone Broth Protein Powder (All flavors)

BeWell by Kelly Chocolate Grass-Fed Beef Protein Powder

Designs for Health PurePaleo

Four Sigmatic Organic Plant-Based Protein Powder

Further Foods Premium Marine Collagen

KOS (Excluding Chocolate Peanut Butter Flavor)

MRM Nutrition Egg White Protein

MRM Nutrition Veggie Elite® Performance Protein

Nuzest Clean Lean Protein

Ora So Lean & So Clean Plant-Based Superfood Protein

Orgain Organic Protein™ & Greens Plant-Based Protein Powder (The greens in this are not the triggering "super greens")

Orgain Organic Protein™ Plant-Based Protein Powder

Owyn Plant-Based Protein Shakes

Ritual Essential Protein

Tone It Up Plant-Based Protein (All flavors including organic and non-organic)

Tone It Up Protein + Greens (The greens in this are not the triggering "super greens")

Truveni Plant-Based Protein Powder (Excluding Chocolate Peanut Butter Flavor)

Truveni Protein + Greens

Vega® Protein Made Simple™ Plant Based Protein Powder

Vega® Protein & Greens Plant-Based Protein Powder The greens in this are not the triggering "super greens")

Vega Sport® Premium Plant-Based Protein Powder (Excluding Peanut Butter Flavor)

Vital Proteins Collagen Peptides

Vital Proteins Marine Collagen (Best for your skin!)

Acne-Safe Protein Bars

Aloha Protein Bars (Excluding the Peanut Butter Cup and Peanut Butter Chocolate Chip flavors)

Go Macro MacroBar (Excluding the Peanut Butter and Peanut Butter Chocolate Chip, and Double Chocolate + Peanut Butter Chip flavors)

Lenny and Larry's The Complete Cookie® (Excluding the Peanut Butter and Peanut Butter Chocolate Chip flavors)

No Cow Protein Bars (Excluding the Peanut Butter Chocolate Chip and Chunky Peanut Butter flavors)

RX Bars (Excluding the Honey Cinnamon Peanut Butter, Peanut Butter, and Peanut Butter Chocolate flavors)

IMPORTANT NOTE: Avoid any options that contain peanuts or peanut butter since peanuts are an acne trigger!