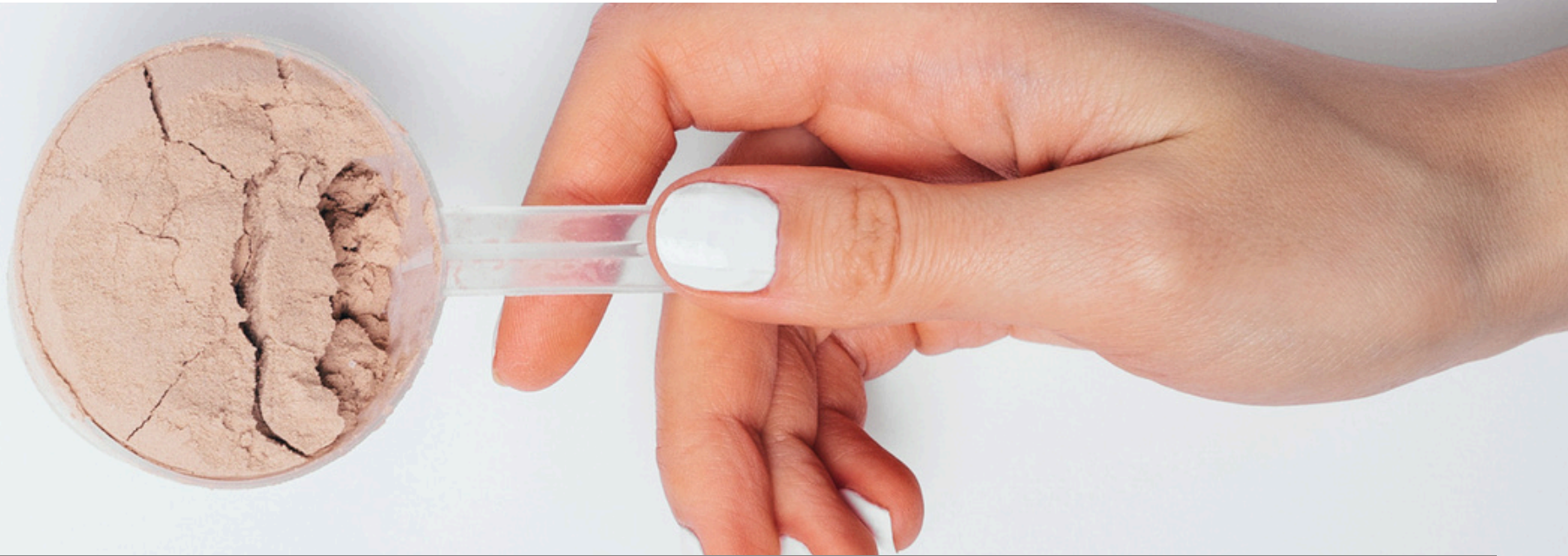




Best Vegan Protein Powders

The ultimate comparison chart



A simple “which” guide for anyone taking or recommending
vegan protein powder.



Best Vegan Protein Powders
The Ultimate Comparison Chart

Per serving
(Varies by brand 20-40g serving size) All
vanilla or plain versions

| Brand and Product Name | Website | Source of protein | Main sweetener | Quality Rating | £ per serving | Protein per serving | Carbs (g) | Sugars (g) | Fats (g) | Calories | Flavours | Eco Friendly | Milk/ Water/ Broth | Organic Cert. | Added |
|---|-------------------------|---------------------------------------|-----------------------|----------------|---------------|---------------------|-----------|------------|----------|----------|----------|--------------|--------------------|---------------|---|
| Nuzest Clean Lean Protein | Nuzest.co.uk | Pea | Stevia | 8 | 1.69 | 20 | 1.2 | 0.1 | 2.2 | 104 | 8 | Yes | Both | No | + MCTs/ MACA |
| Purition Vegan Vanilla | Purition.co.uk | Pea, Pumpkin Sunflower, Hemp, Almonds | Stevia | 9 | 1.91 | 15.1 | 3.0 | 0.9 | 12 | 187 | 16 | Yes | Milk | No | + Vits/ mins |
| Raw sport Premium blend protein powder revolution foods | rawsport.com | Pea & hemp | Stevia | 9 | 1.00 | 21.7 | 2.3 | 0.26 | 1.98 | 111 | 3 | Yes | Milk | No | Digestive enzymes + pro Vits/mins tested for heavy metals |
| Pulsin pea (Unflavoured) | Pulsin.co.uk | Pea | None | 9 | 0.30 | 8 | 0 | 0 | 0.9 | 41 | 4 | No | Both | No | Based on 10g serving size |
| Pulsin rice (Unflavoured) | Pulsin.co.uk | Rice | None | 9 | 0.33 | 8.1 | 0.4 | 0 | 1 | 43 | 1 | No | Both | No | Based on 10g serving size |
| Sun warrior Vegan Classic | Sunwarrior.co.uk | Rice | Stevia | 6 | 0.93 | 17 | 4 | 0 | 1.5 | 100 | 3 | Yes | Both | No | Not tested on heavy metals |
| Motion Nutrition Peanut Butter Vegan Protein | Motionnutrition.com | Peanut | None | 8 | 0.80 | 17 | 3 | 0 | 2 | 97 | 2 | No | Both | Yes | Morning & evening options |
| Biomedica Protein Complete | Naturaldispensary.co.uk | Rice | Stevia | 9 | 1.48 | 16.4 | 0.8 | 0.1 | 1.1 | 72 | 1 | Yes | Both | No | Added minerals |
| Form nutrition performance protein | Form nutrition.com | Pea, rice | Stevia Thaumatococcus | 9 | 2.00 | 30 | 2 | 0.1 | 2.9 | 154 | 5 | Yes | Both | No | +Digestive enzymes |
| Vivo life Vegan protein | Vivolife.co.uk | Pea, hemp | Stevia | 9 | 0.99 | 21 | 2.4 | 0.2 | 1.8 | 117 | 3 | Yes | Both | Yes | Heavy metal tested |
| Garden of life Raw Organic Protein | Gardenoflife.co.uk | Pea, rice | Erythritol, Stevia | 9 | 1.39 | 22 | 2 | 0 | 2.5 | 110 | 3 | Yes | Both | Yes | + probiotics and digestive enzymes |
| Nutiva Hemp protein | Nutivauk.com | Hemp | Coconut Sugar, Stevia | 8 | 1.20 | 10 | 14 | 9 | 2 | 120 | 2 | Yes | Both | Yes | + Veg, vits, digestive enzymes |
| Foodspring Vegan Protein | Foodspring.co.uk | Pea, Sunflower | Sucralose | 6 | 0.99 | 21 | 0.5 | 0.5 | 2.8 | 114 | 5 | No | Both | No | + Vits/ mins |
| Golden greens Raw org. canadian pea protein | Greensorganic.co.uk | Pea | None | 7 | 0.90 | 20 | 1.25 | 0 | 2.1 | 107 | 1 | Yes | Both | Yes | hemp, pumpkin rice available |
| Vega Clean protein | Myvega.co.uk | Pea | Stevia | 7 | 1.99 | 25 | 2.7 | 0.2 | 2.8 | 140 | 2 | Yes | Milk | No | Contains alfafa & bromelain |
| New gen direct org. protein max | Newgendirect.com | Pea | None | 9 | 2.66 | 22 | 11 | 4.2 | 1.6 | 148 | 2 | Yes | Both | Yes | + Fruit, veg |

Need help choosing the right option for you?

This chart is a great starting point, but everyone's nutritional needs are unique. The best protein powder for you depends on your health goals, diet, lifestyle, and any symptoms you may be managing.

If you'd like to explore what would work best for your body - whether you're looking to support energy, balance blood sugar, reduce cravings, or optimise your overall wellbeing - I'd love to help.

Get in touch to book a free discovery call or to ask any questions. I'm here to support you with personalised advice that works in real life.



Thank you!

I am a Norfolk-based Naturopathic Nutritional Therapist passionate about empowering people to take control of their health through nutrition, lifestyle, and holistic well-being. My approach is rooted in natural, whole-body health- helping individuals restore balance, vitality, and long-term wellness, rather than just addressing isolated symptoms.



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