

What's going on, guys? It's Tim from www.RenegadeDad.net and I have been testing out a new whey protein lately, it's called [True Whey](#) and it's made by [Source Naturals](#). Pretty happy with it so far. It's an all natural whey, made from milk produced by grass-fed cows that are not given any growth hormones or pesticides or chemicals, no GMO feed is being used for those cows. So, I am real happy with the quality of the protein. The pricing is good as well. If you check out me website, if it's not up there yet, I will be putting up price comparisons of all different all-natural whey protein powders that I have been testing out but just wanted to show you this one real quick.

It's a little bit different in the sense that the serving size is a little bit smaller than typical powders. Most powders, the serving size – let me get this little scooper out here – the serving size and I don't know if you can really tell that this is a smaller scoop but it's 11 grams. Most whey protein powders, when you get the little scooper, that measures out typically about 33 grams; this is 11 grams, so essentially you would use three of these to most of the typical whey protein powder measurements.

So, just to give you an idea of how it mixes in water, I am going to just pour it in. I will just use one scoop. I occasionally drink whey protein in just water usually like before workout or something like that but usually I actually mix it in with some other fruits or vegetables to make a smoothie but I do like to try it out just by mixing it with a spoon and water just to see how well it mixes.

So, I don't know if you can really tell on the video but it seems to mix pretty well. There is not too many clumps; there is a little bit there at the top, you can see them floating around which isn't a big deal especially if you are blending it in a blender even just with water if it's in a blender, it's going to mix it up well enough but I like to test it out with just a spoon and a glass of water to see how well it does because there are times when I just want to make a protein drink really quick and I just use milk or water and spoon.

Anyway, so far I am pretty happy with it, just curious about the texture because this is a little bit different but otherwise, real happy with it. So, this is the True Whey Premium Protein Powder from Source Naturals. It's a whey protein concentrate – I didn't mention that but it's a concentrate which is good stuff – and I am really happy with it.

So, that's the review. If you want to check out more reviews, check out www.RenegadeDad.net.

Thanks, guys.

[CLICK HERE](#) To View My All Natural Whey Protein Comparison Spreadsheet