

Protein & Creatine Superblend: Product Overview & Comparison

For Media & Professional Use Only

September 2025

Protein & Creatine Superblend Product Overview

Protein & Creatine Superblend is a unique, unflavoured formula providing 20g protein, 3g creatine, and 400mg of adaptogenic mushroom extracts per serving, to support optimal muscle health, strength, performance, and recovery.

Developed by expert nutritionists at DR.VEGAN®, **Protein & Creatine Superblend** combines three different types of protein – pea, pumpkin and hemp – which ensures a full spectrum of 18 amino acids, alongside creatine monohydrate and mushrooms, in one convenient daily 30g serving, with zero additives, flavourings or artificial sweeteners. Protein & Creatine is the most comprehensive option to gain vital nutrients for optimal muscle health and energy metabolism. Mushrooms are included to help reduce pro-inflammatory cytokines and help protect against oxidative stress.

Protein & Creatine Superblend can be taken alongside DR.VEGAN's award winning range of supplements to provide essential nutrients for muscle health, including OsteoFriend®, the most advanced formula for bone health.

Why are Protein & Creatine important?

Healthy muscles are essential for our physical health throughout life, particularly when exercising and as we age. Our muscles help maintain a good posture and healthy joint mobility, but as muscle loss increases with age, the risk of falls or injury increases.

Protein is vital for normal muscle function, and it works with creatine which when taken daily enhances the effects of resistance training on muscle strength.

Standard protein supplements contain only one type of protein, providing a limited range of amino acids, and don't contain creatine, which is increasingly studied for numerous benefits for our muscles and brain. Most standard protein supplements also contain flavourings, additives, and artificial sweeteners such as stevia, which can impact the gut microbiome and raise glycaemic levels.

Protein & Creatine Superblend is not only uniquely comprehensive, with zero additives, artificial flavours, or sweeteners, it is also a more convenient way of supplementing with these important nutrients which are typically provided as separate supplements. In its unflavoured powder form, a 2-tablespoon serving can be taken daily by mixing it into any drinks, food, yoghurts, or smoothies of your choice.

Ingredients and product comparison overleaf

Protein & Creatine Superblend Key Ingredient profile

The 6 active ingredients in Protein & Creatine Superblend are at optimal doses and in their most bioavailable forms to target the key pathways for muscle health.

Pea Protein: Pea Protein is rich in lysine and provides a balance of branched-chain amino acids (BCAAs) including leucine, isoleucine, and valine, which are essential for muscle protein synthesis, recovery, and maintenance of lean body mass. Pea protein is easily digestible, allowing your body to utilise the amino acids it contains, and doesn't cause bloating or stomach upsets that some other proteins can cause.

Pumpkin Seed Protein: Naturally rich in magnesium, zinc, iron and phosphorous, which are all important for muscle function, bone health and metabolic processes. Pumpkin seed protein also contains polyphenols and phytosterols which have antioxidant and anti-inflammatory properties that support joint health.

Hemp Protein: Hemp is rich in arginine and glutamine which support vascular health, immune function, and muscle recovery. Hemp protein contains polyunsaturated fatty acids and is high in alpha-linolenic acid (ALA, an Omega 3), providing a favourable Omega 6:3 ratio. The fatty acids contribute to anti-inflammatory effects, supporting cardiovascular and joint health. Hemp protein is also a good source of magnesium, phosphorous, potassium and iron, supporting bone health, energy metabolism, and red blood cell function.

Creatine: Creatine is a naturally occurring compound in the body that has been shown to improve muscle strength, endurance, support a higher training capacity, and is helpful in elderly individuals to reduce the incidences of muscle wasting, and supporting healthy ageing. In the body, creatine converts into creatine phosphate which regenerates the energy of muscles.

Reishi Mushroom: Reishi is a medicinal mushroom containing triterpenoids and polysaccharides that reduce pro-inflammatory cytokines. Lowering inflammation may help reduce muscle soreness and support recovery after exercise. Reishi is also rich in antioxidant compounds which protect against oxidative stress that can contribute to muscle fatigue. Studies also show Reishi may enhance glucose uptake and energy production.

Cordyceps Mushroom: An adaptogen and traditionally used to enhance energy, stamina, and recovery, Cordyceps contain bioactive compounds including cordycepin and polysaccharides that can increase energy production in muscle cells, supporting endurance and performance, particularly in high-intensity or prolonged exercise. Studies also suggest Cordyceps may enhance oxygen uptake in muscles, reduce fatigue, and enhance endurance.

DR.VEGAN®

How does Protein & Creatine Superblend Compare?

Below is a table comparing the DR.VEGAN® Protein & Creatine Superblend formula and dosages with a selection of leading protein supplements promoted for muscles and energy. The table provides a breakdown of each product's ingredients, and highlights in **red** those with additives, sugar, artificial sweeteners or flavourings which can affect the gut microbiome. Ingredient information and dosages are taken from brands' websites.

DR.VEGAN's Protein & Creatine Superblend by DR.VEGAN® is the only formula containing a combination of each of the following:

- 20g protein
- 3 different types of protein
- 3g of creatine
- Zero additives, flavouring, or artificial sweeteners, sugar, or stevia.

| | | DR.VEGAN® Protein & Creatine Superblend | Free Soul Vegan Protein Blend - Flavoured | Form Nutrition Unflavoured Protein | Bulk All in One Recovery - Flavoured | MyProtein Origin Protein + Creatine - Flavoured | NuZest Clean Lean Protein - Flavoured | Vivo Life Clean Protein - Unflavoured |
|--|----|--|--|---|---|--|--|--|
| RRP | | £26.99 | £24.99 | £26.00 | £33.99 | £39.99 | £36.00 | £33.99 |
| Pack Size | g | 450 | 600 | 520 | 1000 | 1125 | 500 | 900 |
| Serving Size | g | 30 | 30 | 26 | 60 | 45 | 25 | 30 |
| Servings | | 15 | 20 | 20 | 17 | 25 | 20 | 30 |
| Protein per 30g Serving | g | 20.0 | 17.0 | 17.8 | 17.5 | 20.0 | 24.0 | 21.0 |
| Creatine per 30g Serving | g | 3.0 | - | - | 2.5 | 3.3 | - | - |
| Reishi Mushrooms | mg | 200 | - | - | - | - | - | - |
| Cordyceps Mushrooms | mg | 200 | - | - | - | - | - | - |
| Price per serving | | £1.80 | £1.25 | £1.30 | £2.04 | £1.60 | £1.80 | £1.13 |
| Types of Protein | | 3 | 2 | 3 | 1 | 1 | 1 | 3 |
| Amino Acids | | 18 | N/A | 18 | N/A | N/A | 18 | N/A |
| Additional nutrients | | No | Yes | No | Yes | No | No | No |
| Unflavoured Option | | Yes | No | Yes | No | No | No | Yes |
| Additives | | - | Yes | - | Yes | Yes | - | - |
| Flavouring | | - | Yes | - | Yes | Yes | Yes | - |
| Sugar, Stevia or Artificial Sweeteners | | - | Yes | - | Yes | Yes | Yes | - |