



Everyday Protein

Four ingredients. Everything you need.



Everyone knows protein is important — but why? Protein contributes to the growth and maintenance of muscle mass and the maintenance of normal bones. As an essential macronutrient, it needs to be consumed regularly as part of a balanced diet. Yet many protein powders contain a long list of added ingredients, including fillers, artificial sweeteners, and complex formulations. Everyday Protein takes a different approach.

Built on just four carefully selected ingredients — whey protein isolate, cocoa, a touch of salt, and stevia — Everyday Protein provides 20 grams of high-quality protein per serving, without unnecessary additions. It supports daily protein intake and helps maintain muscle mass as part of an active lifestyle. Whether you're building on an existing wellness routine or just getting started, Everyday Protein fits easily into your day.

This isn't just another protein powder. It's a simple and transparent way to add protein to your diet — with nothing unnecessary.

Features



20g of high-quality protein



Real cocoa powder



Naturally sweetened



Simple, four-ingredient formula

Benefits

- Provides 20 g of protein per serving
- Protein contributes to the growth and maintenance of muscle mass
- Protein contributes to the maintenance of normal bones
- Simple formulation with four ingredients
- No added sugars
- Suitable for daily protein intake as part of a balanced diet
- Convenient option for active lifestyles



Everyday Protein



Use

Mix 1 scoop (32 g) with 8–10 oz. of water or dairy or plant-based milk (add more or less to taste). Drink 1–2 times daily or as your activity levels demand.

Mixing ideas: Blend into smoothies, stir into overnight oats, mix into pancake or waffle batter, or combine with coffee for a protein mocha. Everyday Protein's simple formula makes it easy to add clean protein to whatever you're already enjoying.

Ideal for

- Feel Great & StrongHold practitioners looking to support their daily protein intake as part of a balanced diet and active lifestyle.
- Clean-label and health-conscious consumers who want to know exactly what's in their protein – with no unnecessary additives or complex formulations.
- Weight management-focused individuals aiming to manage their calorie intake while maintaining muscle mass.
- People who need a convenient, high-quality protein source that fits easily into their daily routine.
- Anyone looking to support the maintenance of muscle mass and overall wellbeing at any stage of life.

Designed for you

Unicity is committed to develop products that are obsessively backed by science, rigorously tested, and masterfully produced—all to help millions around the world live better lives.

Ingredients

Whey Protein Isolate – Scoring a perfect 1.0 on the PDCAAS scale (the gold standard for measuring protein quality), whey protein isolate provides all essential amino acids and is rapidly absorbed by the body. With less than 1% lactose, it's one of the most digestible, bioavailable protein sources available.

Cocoa – Provides characteristic flavour and naturally occurring compounds such as polyphenols.

Salt – an electrolyte that contributes to the overall taste profile of the product.

Stevia – A natural, zero-calorie sweetener derived from the Stevia rebaudiana plant. Stevia doesn't raise blood glucose or insulin levels.

Supplement Facts

Serving Size 1 Scoop (32g)
Servings Per Container 15

	Amount Per Serving	% Daily Value
Calories	100	
Total Fat	1 g	1%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	†
Cholesterol	10 mg	3%
Total Carbohydrate	1 g	<1%
Dietary Fiber	0 g	0%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%*
Protein	20 g	40%*
Calcium	100 mg	8%
Iron	2 mg	13%
Sodium	270 mg	12%
Potassium	310 mg	7%

* Percent Daily Values are based on a 2,000 calorie diet
† Daily Value not established

OTHER INGREDIENTS: Whey Protein Isolate, Cocoa Powder (Processed with alkali), Salt, Steviol Glycosides.

CONTAINS: Milk ingredients.

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Frequently asked questions

How is Everyday Protein different from other proteins out there?

Many protein powders are packed with fillers, artificial sweeteners, and ingredients you can't pronounce. Everyday Protein is built on just four ingredients: whey protein isolate, real cocoa, salt, and stevia. No concentrate blends, no artificial flavors, no compromise. You get 20 grams of premium, fast-absorbing protein — and nothing else.

How much protein is in Everyday Protein?

Each serving delivers 20 grams of whey protein isolate, which scores a perfect 1.0 on the PDCAAS scale — the highest rating for protein quality and digestibility.

When is the best time to take Everyday Protein?

Everyday Protein works whenever it fits your routine — with a meal, post-workout, or as a snack between meals. If you practice intermittent fasting, take it during your eating window to support a balanced diet.

Can I mix Everyday Protein with other things or bake with it?

Absolutely. Everyday Protein's simple formula blends easily into smoothies, overnight oats, pancake or waffle batter, coffee, and more. Its clean ingredient list means it won't add anything unwanted to your favorite recipes.

Will Everyday Protein break my fast?

Yes, Everyday Protein contains protein and calories, so it should be consumed during your eating window. It's designed to complement an intermittent fasting routine by delivering essential nutrition when your body is ready to use it.

Is Everyday Protein safe for people who are lactose intolerant?

Everyday Protein uses whey protein isolate, which contains less than 1% lactose. Most people with mild lactose sensitivity digest it comfortably.

How does Everyday Protein fit with my Feel Great routine?

Balance optimizes digestion. Unimate boosts your energy levels. Everyday Protein supports the maintenance of muscle mass as part of a balanced diet and active lifestyle. Together, they create a more complete foundation for a healthy lifestyle.

How many servings are in each bag?

Each bag includes 15 servings.