

The Clean Protein Plan

For anyone who eats plant protein and would rather know their tub is clean than hope it is. Every line below restates a claim checked against Tier-1 medical and federal sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST CLEVELAND CLINIC · HARVARD HEALTH · U.S. FDA

1

It starts in the soil

Lead, cadmium and arsenic occur naturally in soil, and porous plant roots absorb them along with nutrients. Concentrating a crop into a scoop concentrates what it carried. (Cleveland Clinic)

2

No one checks by default

A protein powder is a dietary supplement, so the maker evaluates its own safety and labeling and there is no built-in guarantee the tub holds what the panel claims. (Harvard Health)

3

One seal does the checking

An independent third-party certification screens each batch for contaminants and confirms the label. It is the line that carries information. (Cleveland Clinic)

1. Read the seal, not the front of the tub

The health-halo words tell you nothing. One line does.

WHY THIS WORKS

Harvard Health notes a protein powder is a dietary supplement, so the manufacturer is left to evaluate its own safety and labeling and there is no guarantee the tub contains what it claims. Cleveland Clinic advises choosing a product verified by an independent third party that tests for contaminants and confirms the label.

SOURCE: HARVARD HEALTH, CLEVELAND CLINIC

DO THIS WEEK

- ☐ Look for NSF Certified for Sport, USP Verified, or Informed Sport
- ☐ Treat health-halo words on the front as marketing, not proof
- ☐ No independent seal means no one outside the company checked

2. Ask to see the batch, not a badge

A readable lab report beats a vague tested claim.

WHY THIS WORKS

FDA guidance treats contaminant control as batch-by-batch work, so a per-batch certificate of analysis is the honest version of a testing promise. A brand that publishes one is showing its work; a vague lab-tested line with no document to open is not the same thing.

SOURCE: U.S. FDA

DO THIS WEEK

- ☐ Prefer a brand that publishes a certificate of analysis per batch
- ☐ Open the document and confirm heavy metals were screened
- ☐ A badge with no readable report behind it does not count

3. Know why plant blends read higher

It is the rice, and it is worth understanding.

WHY THIS WORKS

Cleveland Clinic notes rice takes up arsenic readily and cites a study that found the element in every one of 145 rice samples tested. Rice protein is a common base for plant

DO THIS WEEK

- ☐ Expect a plant blend to need testing more than whey does
- ☐ A pea and rice blend is fine when the batch is screened
- ☐ Judge the tub by its lab report, not by the word organic

blends, which is how the crop's habit becomes the powder's, and why a screened tub matters more here.

SOURCE: CLEVELAND CLINIC

4. Lower the food side too

Your scoop and your rice pot are separate levers.

WHY THIS WORKS

Cleveland Clinic notes cooking rice in excess water like pasta can reduce its arsenic by 40 to 60 percent per FDA research, and that grains like quinoa and barley carry less. The point is sensible long-term intake, not fear, since the everyday risk from these trace metals is very low for most people.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Cook rice in six to ten parts water and drain the excess
- ☐ Rotate in quinoa, barley or farro through the week
- ☐ Keep the concern proportional, the everyday risk is low

5. Get most of your protein from food

The scoop is for the gap, not for the meal.

WHY THIS WORKS

Harvard Health notes most people can meet their protein needs from ordinary foods, and that whole foods arrive with nutrients a powder strips out. A certified tub is a clean way to close a real gap, not a reason to replace meals with shakes.

SOURCE: HARVARD HEALTH

DO THIS WEEK

- ☐ Aim for a protein source at each meal from whole food
- ☐ Use the scoop only on days the plate falls short
- ☐ Lentils, chickpeas, edamame and tofu do most of the work

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Harvard Health Publishing, The Hidden Dangers of Protein Powders · <https://www.health.harvard.edu/diet-and-nutrition/the-hidden-dangers-of-protein-powders>

Cleveland Clinic, Should You Be Worried About Arsenic in Rice? · <https://health.clevelandclinic.org/arsenic-in-rice>

Cleveland Clinic, How To Choose the Best Protein Powder for You · <https://health.clevelandclinic.org/7-tips-choosing-best-protein-powder>

U.S. Food and Drug Administration, Arsenic in Food · <https://www.fda.gov/food/environmental-contaminants-food/arsenic-food>

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