

Product Catalogue

PRICING, FAQ, EDUCATIONAL INFO

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Navigation Page

This menu is navigable. Just click on the question you want to jump on to, and it will take you there. At the bottom of every page, there is a link that says, “Back to top” to bring you back to this page. Enjoy!

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Products

Please Note that our inventory is very limited. We do not deal in products we do not believe in, that they produce any results whatsoever. For example- Garcinia Cambogia, ALA, CLA, Meal Replacement shakes, etc.

Indian Pharmacy Industry does a wonderful job of producing multivitamins and other standalone vitamin products. We suggest you buy them from your local chemist rather than paying for them multi folds at any supplement store, including us. However, if you cannot find any product at your nearby pharmacy, we can procure it for you at an extra 20% convenience charge.

<Click on the blue text that says "Info" to view nutritional charts and photos of any given products>

Davisco Whey Protein WPC 80 (Our Signature Product)

2lb Pack each [\(Info\)](#)

Variant	Price (1 pack)	Price per 5 Packs or More (Save ~15%)
Unflavored	1500	1300
Chocolate	1600	1400
Strawberry	1600	1400
Butterscotch	1600	1400
Vanilla	1600	1400
Mango	1600	1400
Chocolate (Sweetened)*	1650	1450

Please note that all the **Davisco WPC80 products we are selling do not have any fillers** such as Guar Gum or Soy Lechtin added from our side which gives the thick texture to the protein, **nor do we add any sweeteners to our proteins** unless mentioned. As per our body's biology, you can taste the food only with the sensory tissues in your tongue and nose combined. This physiology of ours is why people with nasal problems do not feel the taste of food much, and we often salivate when we smell something tasty even though it is not in our mouth already.

Why am I saying all this? **Unless you add a sweetener to the unsweetened whey, you will**

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not be able to enjoy the taste of protein much. If you are drinking it with milk you might not face this problem because milk has its own natural sugar called as lactose. If you are drinking it with water, it might feel tasteless to a few people who are very accustomed to sweet things. In such cases, I would recommend you **add a pellet of Sugar-Free or Stevia or any other artificial sweetener or even the table sugar we all have in our homes.**

*Go for sweetened version if you are going to consume the whey with water. The sweetener is added as per the guidelines of FDA to which the consumption of aspartame is considered safe. Please note that although there have been multiple accusations upon Aspartame, there is not enough evidence as of now to prove any of those. Please also note that the quantity of the substance decides that to what magnitude you can have side effects if at all you might have to face any side effects. For example- 50mg of aspirin daily is recommended to heart patients as a blood thinner (Ecosprin by brand name). 500mg is sold over the counter by the name of Disprin as a pain reliever. And when overdosed it can cause burns in your stomach, aka Peptic Ulcer. 😊

In very severe cases let me warn you that an overdose of painkillers may cause cardiac arrest.

New! Whey Protein Isolate 94% Protein By Weight – Davisco BiPro (Chocolate Flavored, Artificially Sweetened) 2Lb Tub for Rs. 2500. Unflavored 2lb Packet for 2250 [\(Info\)](#)

Versatile Supplements

Product	Manufacturer	Quantity	Servings	Price
Generic Creatine by Creapure (Info)	Generic	300 gm Jar	60	500
Generic BCAA (2:1:1) (Info)	Generic	300 gm Jar	60	1500
Generic Glutamine (Info)	Generic	300 gm Jar	60	800
Amino-X (Info)	BSN	30		2200
Prolab Caffeine (Info)	Prolab	100 Tablets	100	700
X-Tend BCAA (Info)	Scivation	425gm	30	1900
BPI BCAA (Info)	BPI	300gm	30	2050
BCAA Muscle Pharm (Info)	Muscle Pharm	225gm	30	1600
BCAA Ultimate Nutrition (Info)	Ultimate Nutrition	287gm		2200

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Health Supplements

Manufacturer	Product	Quantity	Servings	Price
Sunline (Info)	Alaska Fish Oil	200 capsules	200	1000
Optimum Nutrition (Info)	ON Fish Oil	100	100	1000

Fat Burners

Manufacturer	Product	Servings	Price
Nutrex	Lipo-6 Black UC (Info)	60	1900
Cloma Pharma	Black Spider (Info)	100	1850
	Methyldrene (Info)	100	2000
Muscle-Tech	Hydroxycut Next-Gen (Info)		1500
	Hydroxycut Hardcore Elite (Info)	100	1500
Ultimate Nutrition	Ultra-Ripped (Info)	90	2100

Pre-Workout Supplements

Manufacturer	Product	Servings	Price
BSN	NO-Xplod (Info)	30	2800
		60	3500
Pro-Supps	Mr. Hyde (Info)	30	2500
O.N. (Optimum Nutrition)	Amino Energy (Info)	30	1900
G.A.T.	Nitraflex (Info)	30	2250
Muscle Pharm	Assault (Info)	30	<u>1800</u>

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Cobra Labs	The Curse (Info)	50	1900
BSN	Hyper-FX (Info)	30	1900
Insane Labs	Psychotic (Info)	35	2000
Cellucor	C4 (Info)	30	2200
		60	3800
API	Hustle (Info)	30	2000

Whey Protein Powders as per Brands

Manufacturer	Product	Quantity (Lbs.)	Price
Dymatize	Elite Whey Protein (Info)	2	2800
BSN	Syntha-6 (Info)	5	4600
	Syntha-6 Edge (Info)	5	5900
MusclePharm	Combat (Info)	4	4400
Ultimate Nutrition	Prostar Whey (Info)	5	4200
		2	2500
O.N. (Optimum Nutrition)	Whey Gold Standard (Info)	2	2800
		5	5500
		10	10,500
Ronnie Coleman Series	Pro-Antium (Info)	5.6	4700
Muscle-Tech	Nitro-Tech (Info)	4	4400
GAT Sport	Whey Protein (Info)	5	5000
BPI Sports	Whey HD (Info)	4.9	4800

Whey Protein Hydrolysates

Manufacturer	Product	Quantity (Lbs.)	Price
BSN	Syntha-6 Isolate (Info)	4	5500
Ultimate Nutrition	Iso-Sensation 93 (Info)	5	5900
Universal Nutrition	Whey Protein Isolate (Info)	4	4700
Nature's Best	Isopure (Info)	3	4100

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Casein Protein Powders as per Brands.

Manufacturer	Product	Quantity (Lbs.)	Price
Dymatize	Elite Casein Protein (Info)	2	3100
Muscle-Tech	Nitro-Tech Casein (Info)	5	5000
Muscle-Pharm	Combat Casein (Info)	4	4600

Shakers

NJF Protein Shaker Cup (Cyclone Shaker) (Available Colors- White, Black, Red)

500 rupees [\(Info\)](#)

NJF Blender Ball Shaker [\(Info\)](#) 250 rupees

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Pricing

Why is One Single Packet of Whey Protein more expensive than 2 packets or above?

Good question I must say. If you have any background in Economics at school, you would have studied about overhead costs. These are the costs we incur on our rent, electricity, sales staff, phone calls, online software, packaging, etc. These costs remain the same whether you buy one packet or two.

One packet lasts for 10-15 days for an average client. If we sell one-one packet to everybody, our costs will rise significantly due to increase in a number of orders. We will have to pay more to hire more sales staff and build more retail infrastructure, and we will not be able to provide you these products at such good rates.

So it is beneficial to us both that we keep the rates high for one single pack.

I would suggest you buying one single packet if only you are a first time customer and you want to try our services and product, and then next time onwards you can buy two or more at the same time if you are satisfied.

I am ordering more than 1 packet but of different flavors. Do I pay 1600 for one individual flavor?

As I said, the higher cost of an individual packet is due to overhead costs. Since we are selling single packets of whey proteins, it doesn't affect us if you buy different flavors or one flavored and one unflavored or so on.

So no, if your order is more than 1 whey protein pack in total then you pay the rates applicable for 2 or more than 2 packets.

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Payments

How is the payment made?

It is very easy to learn how to do net banking, and I would suggest you use that for transfers instead of having to go to the bank every time. Most banks allow you to create an account yourself simply by visiting their website. If you have any problems in payment, you can shoot us an email, and our team will help you.

[Click Here](#) for instructions on how to use it using your mobile.

However if you do not have a bank account or your bank doesn't offer internet banking or a mobile app, you can walk up to any branch of one of the accounts specified below and make a cash deposit there, or you can walk up to ANY BANK whatsoever where you have your account and ask them to do a NEFT and tell them these account details. You might need to carry a cheque with you as you do in the case where you need to get a Demand Draft made.

[Click Here](#) if you do not know how to deposit cash in the bank.



Union Bank of India

Account Number	3076 0201 0068 491
Branch	Shahdara, Delhi
IFSC Code	UBIN0530760
Account Holder	Nipun Jain
Account Type	Savings

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Can I pay using a Credit/Debit card? Do you offer cash on delivery?

A payment gateway is required for accepting payments through credit cards, etc. The payment gateway companies like BillDesk, PayTM, CC-Avenue etc. deduct 2-4% of the total transaction and hold money for up to two months before giving it to the seller. For two months the interest on money totals out to 8%. Additionally, there are costs involved in “Software maintenance” etc. which all totals out to an addition of costs to 10% minimum on the use of payment gateway.

You wouldn't want to pay 140 rupees extra for your whey protein for every packet you buy, and hence we keep costs low and don't use payment gateway services.

This is why Flipkart has recently launched its own payment gateway.

For your information, [read this](#): Absolutely read this if you are also considering to get a payment gateway for your own business.

In India, RBI has strict rules regarding payment gateways, and they are closely monitored to ensure no scammers are using their services to extract money from customers using websites while keeping their real identities discreet.

Two most trusted are CC Avenue and Bill Desk, but they deal with only big companies. Small ones who have emerged recently have been involved in a lot of scams to sellers, and they have run with their money. Any such loss of even a month of income can cause closure of our business, not just a one-time loss.

This is the very same reason why **we do not offer cash on delivery**. It is worse to deal with Courier Company for us to get our money than to get it from a private finance firm.

How will you get to know that I have made the payment and it was me and nobody else?

Good Question! You absolutely have the right to ask me the same because someone who is scamming people would only worry about getting your payment in and not really knowing who sent it because they might have the intention of scamming you and blocking you.

We ask all the customers to send us the receipt of payment by Email or on Facebook. The Receipt will be considered a screenshot of SMS on their phone from their bank or Screenshot of net banking which has confirmation code in case of IMPS and NEFT. For those who make a cash deposit, it shows the branch of the bank from where the deposit was made.

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The First Transaction here, for example, has been sent by IMPS. The number written after IMPS is the confirmation code which we cross-check and confirm to you that we got your payment.

Sometimes the NEFT has the sender's name written on it. Like in Transaction #4 by Sahil Khanna. So Sahil shot me a message on Facebook that he sent me 1740 rupees for 1 kg chocolate whey to be shipped to his house in Gurgaon and I sent him the same.

Other people who made cash deposits on 9th sent me receipts of their payments and told me that they deposited cash from the respective branches. Usually, bank receipts cannot be faked that easily so in the case of cash deposits we usually don't need to confirm when we get the payment.

Balance Details of NIPUN JAIN [Details till 11/10/2015 1:43:38 PM]				
Account Id	307602010068491			
Account Balance				
Available Balance				
Effective Balance				
Lien Balance	0.00			
Unclear Balance	0.00			

Transactions Made -[Details till 11/10/2015 1:43:38 PM]				
Sl No.	Date	Description	Cr/Dr	Transaction Amount
1	09/10/2015	IMPSAB/528222362765/UBIN0530760/30760201	CR	3,010.00(INR)
2	09/10/2015	307603350010261 : Autosweep to	DR	40,000.00(INR)
3	09/10/2015	IMPSAB/528216913595/UBIN0530760/30760201	CR	8,000.00(INR)
4	09/10/2015	NEFT:MR SAHIL KHANNA	CR	1,740.00(INR)
5	09/10/2015	IMPSAB/528215284841/UBIN0530760/30760201	CR	2,200.00(INR)
6	09/10/2015	BY CASH 45310 LAWRENCE ROAD,AMRIT SAR	CR	10,000.00(INR)
7	09/10/2015	BY CASH 35470 FATEHABAD	CR	4,010.00(INR)
8	09/10/2015	BY CASH 35810 AZADPUR DELHI	CR	5,250.00(INR)
9	09/10/2015	NEFT:Mr JOHN ANTONY SABU	CR	2,300.00(INR)

Cancel

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Delivery

Why is there separate Shipping Charge and no free shipping?

Many people ask me why I charge extra for shipping and why not just give free shipping, so here is the deal.

No company ever pays the shipping charges out of their pocket. Every time you get your supposedly "Free Shipping" it doesn't mean "Free," but it means that the price for shipping has already been included in the product which you have bought. Of course, it takes manpower and resources to move stuff from one country to another, from one city to another, even from one district to another. It can never technically be for free. It involves wages of men who work at the courier company, their trucks, fuel, boxes, tapes, time everything.

If you think we are fooling people check out people on eBay or on bodybuilding.com, who charge separately with regards to location and not including the price of shipping in the product itself.

The cost of shipping goods varies on the location from where the product is dispatched to where it is being sent. It will be cheaper to send the product if the buyer is located in the same city as the seller, but costlier when buyer and seller are at different locations.

It will be more expensive for you if we charge flat rate shipping for all over India, and you will have to bear the rate of the farthest area of shipping even if you live nearby.

Because then I will have to increase pricing on all products to cover shipping in such a way that no matter what you buy, shipping is recovered from you. Consider two situations:

1. Flat Rate Shipping/ "Free Shipping."

You order Glutamine, BCAA and two kilos of Choco whey in Mumbai. I will offer you free shipping apparently, but products will be priced 1100,1600 and 1600*2. To cover the total shipping. You pay 5900 total

2. Shipping Charged Separately (Current Method)

I charge you are shipping separately. You pay $1000+1500+1400*2+300(\text{shipping}) = 5600$

Another point: suppose if you were in UP you would be paying 210 rupees shipping, and your total would be 5500 rupees. But in case, I would be giving you so-called "Free Shipping" I would be charging you 5900 instead of 5500.

So, there is your truth about "Free Shipping."

We charge shipping separately for 3 Zones (We are situated in Delhi)

Delhi- 100 base and 50 per kg extra for 2 kg or above

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NCR, Haryana, Punjab, Chandigarh, Uttar Pradesh, Uttarakhand, Rajasthan, Himachal Pradesh Rs 140 Base and 70 rs extra per kg for 2 kg and above

Everywhere Else Rs 200 base and 100 rupees extra per kg for 2 kg and above

*Shipping is calculated on total shipment weight including the box which is usually 300 grams.

How much time will it approximately take for my order to get delivered?

We dispatch/send all the orders within 24 hours of you making the payment usually through whichever courier service you select. We send you tracking id for the courier immediately after the order is dispatched.

Exceptions are weekends when half the courier services do not function.

After we dispatch the order from our end, it depends on a service frequency of that courier service in your area when they deliver. In the case of any problems with the delivery, we can assist you from our end in talking to courier service, but it mostly depends on the courier company, and we have little control over it.

However, since we are based out of New Delhi, orders within Delhi are received by customers within 24 hours of delivery and in other Metro cities in 48 hours. For non-metro big cities, it's usually no later than 72 hours. Northeastern states can take up to 5-7 days.

Please choose your courier service with respect to the best service in your area. For example, Professional Courier has a very good service for Southern India, better than any other courier service. Trackon has good service in Punjab, Haryana, and other North Indian states. First, Flight and Fed-Ex have good service in more or less every area of India.

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Exchange and Returns

In misfortunate event you do not wish to use the products you have purchased from us, you can send it all back to the return address mentioned on the courier itself within 14 days from purchase and we will issue you with a full refund of the product except for shipping cost of the product you paid originally and of the cheque we send you. The cheque will be dispatched within 24 hours after products are received in untampered condition. Same way you can also exchange any product you purchased but do not intend to use for something else you intend to use.

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Product Related Questions

Can it cause digestion problems?

No. Lactose in WPC is really minimal and doesn't affect digestion unless you are lactose hypersensitive. In case you are, you can shoot me a mail at nipun@nipunjainfitness.com, and I'll tell you the enzymes for the same.

There is a myth about digestive enzymes spread by people who deal in imported supplements that you can't digest our WPC 80 because we don't add enzymes to it.

Companies usually add digestive enzymes to their protein supplements in small amounts to aid digestion, which are usually pancreatic juice, which has protease, amylase, lipase in it for digestion of protein, carbohydrates, and fats.

Protein is also digested in the stomach by the action of Hydrochloric Acid/Pepsin which is also available at pharmacies.

We stopped adding enzymes to our products long ago when I personally realized that addition of enzymes to protein shot my hunger through the roof especially during dieting because too much of enzymes hastened the digestion time of my food and made me hungry over and over again.

So as with sweetener, those who require enzymes can purchase them separately from pharmacies.

There is not much that Pepsin does for digestion of whey protein.

Pepsin along with Fungal Diastase to assist digestion is available commercially by the name of Aristozyne by Aristo Pharma in both syrup and capsules. Aristozyne and alike may be quite helpful if chicken or egg whites cause you indigestion, although as per my experience they had been most commonly written by medical doctors to increase hunger in case of underweight people. (I would prefer to not label such people as patients)

Pancreatin is a synthetic form of Pancreatic Juice which is available by the name of Enzar Forte by Elder Pharma and also Pankreoflat by Abbott Pharma. Abbott is a premium brand in general, so Pankreoflat is a bit on the expensive side.

Do I need Liv 52 with it?

I am going to need to answer this question for two things:

1. Is Whey Protein Toxic to the liver: No it is not toxic to the liver, and you will not need any liver detoxifying or any sort of liver assistance with it. The notion of needing any liver supporting medication stems from trainers recommending steroid tablets with such as Dianabol and Stanozolol. Now what people do not realize that what is toxic to your liver is the Dbol or Stana and not whey. So you're safe.

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2. Does Liv 52 really work: Liver is an amazing organ which has the ability to heal and regenerate unless you abuse it over and over again for a long period of time with drugs and alcohol and kill the cells in it. The condition is called as Cirrhosis which means the part of the liver is dead (in layman terms). Patients who undergo liver transplants and those who donate a part of their liver, both return to normal function within a few months.

Now the reason why I am telling you this is that people who use steroids or drink a lot of alcohol start with Liv 52 when they experience such problems and stop the use of these substances for a short period of time along with the use of Liv 52. Now they think that it is Liv 52 that made their condition better whereas their body itself was doing all the work for them. There is not any strong evidence backed by any credible research to show that Liv 52 made conditions of those with Fatty Liver Disease, or elevated Liver Enzymes or Cirrhosis made it any better. Don't go by the name. As I said, most supplements don't do what they say. Look no further; you might have had an experience with fairness cremes and anti-hair fall shampoos.

Do you add steroids to it?

No, we do not.

This question stems from the malpractices of Guruji's selling cheap soy protein or wood ash mixed with oral steroids, or PEDs (Performance Enhancing Drugs) and selling it to unsuspecting, passionate customers and scamming them, disregarding their health and potentially putting a risk to their lives.

Uncontrolled consumption of such steroid-laden products leads to problems ranging from loss of libido, life-threatening skin rash, Non-Alcoholic Fatty Liver Disease (NAFLD), etc. While this is due to the drugs added to the spiked products, the food supplements get blamed.

Off Topic: Most "Side Effects" related to bodybuilding and supplements in general like rage, kidney damage, liver damage, cardiovascular diseases, mood swings, stunting of growth, etc. are due to the use of drugs alone and nothing else. People try to cover it up by blaming it on the sport or supplements to hide their drug use.

Additionally, you are free to get it tested, and I'll be liable for any unwanted product found in it.


You can read the testimonials on our website and even contact the end customers yourself in case of any doubts whatsoever. :-) they are all on our [Facebook Forum](#)

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I use Davisco WPC 80 myself, and attached below is my liver report which would've have elevated readings if it contained steroids.



METRO PATH LABS
Automated and Computerized Pathology Investigation Centre
Distinguished VILAC Participant Laboratory
K-14, Naveen Shahdara, Delhi-110032, Ph. : 011-22329146, 9266929001
E-mail : metropathlabsd@gmail.com




Name	MR. NIPUN JAIN	Age	[REDACTED]	Date	09/04/2015
Refd. By.	Dr. RAHUL SHARMA MBBS, DA	Sex	M	Receipt No	271

BIOCHEMISTRY

Test Name	Value	Unit	Normal Value
<u>LIVER FUNCTION TEST</u>			
TOTAL BILIRUBIN	0.8	mg/dl	0.2 - 1.0
CONJUGATED (D. Bilirubin)	0.2	mg/dl	0.0 - 0.3
UNCONJUGATED (I.D. Bilirubin)	0.6	mg/dl	0.0 - 0.7
S.G.O.T (AST)	70	IU/L	5.0 - 40.0
S.G.P.T (ALT)	43	IU/L	5.0 - 45.0
ALKALINE PHOSPHATASE	291	U/L	110 - 310
TOTAL PROTEIN	6.5	gm/dl	6.5 - 8.5
ALBUMIN	4.2	gm/dl	3.2 - 5.5
GLOBULIN	2.3	gm/dl	1.5 - 4.0
A/G RATIO	1.8		1.0 - 2.1

*** End of Report ***



Dr. DIVYA SHARMA
MBBS, MD (Pathology), Chief of Laboratory, Consultant- METROPOLIS
(Ex. Asst. Professor, Dept. of Pathology - R.M.C. Maharashtra
American University of Antigua, West Indies)

Weekdays : 8.00 am to 6.30 pm
Sunday : 8.00 am to 2.00 pm

Note : 1. If the result(s) of the test(s) is alarming or unexpected the patient is advised to contact the laboratory immediately.
2. This is only a professional opinion and pertains to the sample collected . Clinical correlation is mandatory.
3. These reports(s) are not valid for medico legal purpose.

to know more visit us at : www.metropathlabs.com

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How many inches on by arms/how many kilos do I gain from this?

Again, protein is a dietary supplement, and our protein isn't steroid-laden which produces magical results in a matter of days. It is a dietary component which is needed for hypertrophy or muscle growth. What makes a difference is your hard work at the gym and the diet regime you follow. If everything is in place, you should notice changes in your strength and aesthetics. With that being said, if you can manage to eat equal amounts of protein from your diet from meat, fish, eggs, milk itself you can get the same results. I am not trying to sell you anything on the basis of misinformation. I am dietitian first and a supplement seller second. I do not compromise my ethics for little extra money.

Why do you not add a sweetener to the product?

Sucralose is cheaper and sweeter than table sugar. Whey Protein is a product which costs 1400 per kg and sugar costs only 50. It works as a filler in the protein, which also results in lesser protein in every scoop.

If we add only a spoon of sugar in a scoop of protein and give it to you the resultant mixture of 1 kg of protein and 150-gram sugar will cost 1550 rupees. And giving you a kg of this will cost us only 1126.5. More if we add more sugar to it. So, by selling you sweetened variety, we can earn additional 273.5 rupees a packet or more.

Another reason is the ongoing controversies on aspartame and their relation to various diseases.

To stay clear of all complications in all probabilities, we sell the protein with no sweetener added to it. That, on the other hand, makes you the king of selecting your own sweet content, you can add sweeteners to your taste and needs. Many people drink it in milk and need no sweetener at all on the side, and a lot of others add some Sugar-Free Natura to it.

Another reason for not adding sweetener to it is that some people who drink whey with milk find the imported brands too sweet that it makes them feel pukish. Others don't want to drink any sort of artificial sweetener at all they prefer to add classic Table Sugar to it or Glucon D.

Update: We are selling sweetened chocolate whey protein upon the request of hundreds of our clients. It has added aspartame to it. We have added very less aspartame to it which won't affect the nutritional value of the protein. Now for those who are skeptic about loads of side effects being perpetuated about aspartame I have two things to say:

* Conspiracy Theorists say a lot of things which have undergone clinical trials and research and none of those claims come true. For example- Vaccines. They say vaccines are bad for

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you. Now I am not deviating from the topic, as an old Chinese saying states “Quantity of a substance determines whether it is a medicine or a poison.” Look no further, use chemotherapy as an example. For all the research carried out on aspartame in normal consumption parameters, it came out safe. So let’s say its innocent until proven guilty?
* If you are not convinced about what I told, you can simply stick to the unsweetened one we are selling as of now and add sweetener of your choice to it.

I had jaundice in the past, can I use it?

If you have recovered and your liver has recovered with you, yes you can. A high protein diet, or protein in general, doesn't mess with your liver.

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Miscellaneous Informative Questions

What does a generic supplement mean?

A generic supplement does not mean a locally made or poorly made supplement in any way. Pretty much it is like medicines made by a manufacturer in bulk to be sold to companies who brand and sell the stuff rather than to end consumer.

Generic whey protein comes in bags of 50 lbs. and we package it in our fully G.M.P. (Good Manufacturing Practices) certified plant into bags of a kilo each.

Same goes for Creatine, Glutamine, and BCAAs.

If you want to verify authenticity, the simplest method would be to order from a trusted source a jar of unflavored Creatine, Glutamine, and/or BCAAs and compare the texture and taste of theirs with ours. While the other two are usually unflavored, Optimum Nutrition sells unflavored BCAAs.

There is not much you can do to verify the authenticity of whey protein since the lack of flavoring makes our product taste unique.

Why should I buy a generic whey protein like Davisco WPC 80, among other popular imported brands?

When two products produce same results absolutely, then the price is the factor where you should always choose our product over the imported brands. Buying a whey protein powder is not a one-time expenditure, it's a recurring expenditure. You won't get 21" arms from eating one tub of whey protein. It is usually not even considered a part of supplementation but the diet itself. You will need it to fulfill your protein requirements as long as you are working out.

Discussion about why supplement whey protein aside, since the last few years, protein prices have more than just doubled. I used to pay 2600 Rupees for Dymatize Elite Whey in 2011, and by 2013, it was more than 5,000 Rupees, which is mainly due to marketing and false propaganda by booming retail chains who started claiming that only they sell genuine and everyone else is selling the fake.

Apart from that, imported brands targeted at end customer are always going to be costlier than a product like davisco which is sold to companies who in turn target end customer like you, due to some reasons being:

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- Fancy packaging costs (like what cigarette companies and alcohol brands do)
- Advertising costs. (Which again, are as high as what cigarette companies spent before government-imposed ban on it and ruined their packets with label warnings)
- Sponsorship costs of athletes. Companies pay the athletes in their home country to say the USA and all those expenses are done again here by Importers on athletes all over again. Where does the money come from? You guess it right, your own pockets.
- Sponsorship costs of events, expos, seminars (where they spend half the time pushing their shitty products down their throats.
- Expenses of maintaining swanky air-conditioned stores. (which you won't carry home with you)
- Franchise costs of opening a retail chain supplement store, which is so high that without aggressive marketing and sales they will go bankrupt.
- Bogus claims regarding genuinely of their own product and fakeness of other people's products. Buyer's fallacy is that if it is cheap, it must be fake altogether or inferior in quality. Marketers don't function by adding 10% profit to their product's base cost (*Like selling a product which costs 10 rupees for 11 rupees.*) They make you pay the highest which you are ready to pay no matter what the cost of the product. That is their profit. (*For example, if you will be ready to pay 1000 rupees for a product, so it will be its price, even if it costs 5 rupees to the manufacturer*)

In Fact, whey protein is just a byproduct of cheese manufacturing. It is not supposed to be that expensive. Davigo would have cost much lesser if it were made in India. It is an American Company. In India Amul also makes whey protein but its WPC 35 and 50, not 80. The day Indian companies make WPC 80 we will see a huge drop in whey protein prices.

As long as you get genuine whey protein, you will get same good results.

You will get good results even if you supplement no whey protein at all and just eat all your protein from food. After all, whey is made from milk, not the other way round.

But that is seldom possible in a busy lifestyle, and hence whey protein is required to be supplemented for all athletes especially.

So yes, given a choice please save your money however you can and buy new clothes, shoes, or a vacation with family with that money 😊

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Do not let someone with interests vested in a supplement company fool you with their authority. People come to me with this screenshot every now and then asking me the same questions I answered here. But then this screenshot and convo are as much reliable as biased research on a food supplement made by a company who is manufacturing it.

Statisticians and researchers will confirm this fact to you: You can start with the conclusion you want to prove and work your way up to the evidence and find something or the other to "Prove" anything you want.



Zubair Al-chemy ▸ **K11 Fitness Academy & Gym**

January 27, 2012 · 🌐

hello peoples of k11 i want to buy raw whey protien(hilmar or saputo) etc. r its be good to take raw whey. is anyone on thispage take raw whey ever whats the result u see and which is best company in raw whey....and plz...inform me any contact from where i buy.this...

Like · Comment · Share

👍 Sounak Saha, Santosh Balakrishnan and 7 others like this.



Rawnit Reloaded raw whey???what is that?????????

January 27, 2012 at 1:49am · Like



अभिजीत जाधव i will give u d contact..if u wanna buy raw whey.. bt u hv to buy it in large quantities..!!

... See More

January 27, 2012 at 9:25am · Like · 👍 1



K11 Fitness Academy & Gym To all those who think you have stumbled on an economical bodybuilding solution... Really sorry to have to burst your bubble...

The best companies in Raw Whey or rather the genuine dairies dealing in Raw Bulk Whey will never sell their product to the retail market for consumption by consumers, as it is an unfinished product... They will solely provide this Raw material to Companies that manufacture finished Protein Supplements...

For those of you who think that the only difference between Raw Whey & the finished product is Flavour... you are sadly mistaken...

Even an 80% WPC in a raw state will be a task to digest for people even remotely lactose sensitive... To the people who have consumed the so called Raw Whey & not had gastric distress... please wake up to the fact that the powder that was consumed by you may not even have any milk proteins let alone whey...

You are not saving money... you are wasting money...

If budget is such a big problem, then I would rather that you take Skimmed Milk Powder instead of the so called Raw Whey... At least you will know what is going into your stomach.

- Kaizzad

January 27, 2012 at 11:51am · Like · 👍 15

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What are WPC 35, WPC 50, WPC 80 other WPC denominations?

Whey is a derivative of milk, and Whey Protein Concentrates are products of Whey, from which lactose, minerals, and water have been removed by processing them in ways such as diafiltration, ion exchange, ultrafiltration, etc.

Whey Protein Concentrate 80 is the highest quality WPC available on the market.

The Davisco WPC 80 symbolizes that 80% of the total composition is Protein, the rest lactose (Milk Sugars) and Dietary Fats.

Scammers often sell protein for dirt cheap rates but what they do not disclose it on purpose is that their product is WPC 35/50 which isn't meant for consumption by athletes, but rather used as a replacement for skimmed milk, as well as a stabilizer and fat mimetic in yogurt, bakery mixes, dietetic foods, infant foods, and confections.

They are not lying to you, but then they are not telling you the truth either. You are paying for more than what WPC 80 costs and getting WPC 35. Hey, both are Davisco (:D)

The ones intended to be used by athletes as the nutritional drink is WPC 80 which is the highest quality whey protein in the market.

So dear buyer, beware. Just because someone else is selling you Davisco whey or other generic whey it might not be WPC 80 but the much inferior WPC 35 or so.

No, we are a fitness website, and we do not deal in WPC 35, 50 or any other whey protein if you want to ask that 😊

Do you stock or deal with WPI/Whey Protein Isolate?

No, we do not.

WPI is costlier than regular protein and will fail the purpose of affordable protein consumption. It does give you a little extra of whey protein by weight but consuming a little extra of WPC 80 to get the same amount of total protein will be much cheaper than using a WPI supplement.

For example, see this

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Product	Price Per Kg	Price Per Serving	Protein Per Serving	Cost per gram of Protein
WPC 80	1400	46.6 Rs	24	1.9
WPI	2250	75	28.2	2.5

So as you can see, while per gram of protein of WPI costs 31 % more than WPC it doesn't make you build any more muscle or make you lose any fatter.

A lot of people also buy WPI because they think "WPC 80 gives a bulky body and WPI gives a lean body". This is complete crap spread by uneducated trainers who are not even qualified officially to give you any nutritional advice. Mind you; only a registered dietitian can prescribe any dietary supplements.

The carbohydrates in WPC won't make you any fatter than WPI or any other food because there are Carbohydrates in your diet already. In fact, all things you eat have carbohydrates in them, and organs of your body like the brain or even your red blood cells use only carbohydrates for fuel and nothing else. You can avoid a gram or two of carbohydrates in WPC by switching to WPI, but you are already eating 200-300 grams of those in your diet minimum. I eat up to 500 grams of carbohydrates a day. What difference would it make from switching to WPI from WPC? None at all. Except it will lighten your pockets if not body fat reserves.

You can compensate a whole day of extra carbs from WPC by eating one bite lesser from your daily chapatti, and that is it, Folks! :)

UPDATE: For Those really adamant about buying Whey Protein Isolate, we have started dealing in Davisco Bi-Pro which is 94% protein by weight. It is available as a jar of 2lb and is already flavored and sweetened. It makes it superior to most imported brands since they are a mix of isolate and concentrate but this is fully isolated.

It is superior in whey protein content to a lot of products in the market such as Isopure by Nature's best which boast of Zero Carb. Their Nutrition Label which you can see by clicking [here](#), you can see that it has only 50 grams of protein per 62 grams of total mixture.

The one we are selling has 28.2gm of Protein Per 30gm Serving, or 58.2 gm per 62 gm of protein if you want to compare it with isopure precisely.

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Is it the same Davisco as seen on eBay, Quikr, Amazon, etc.?

We do not distribute our product through any other channel than our website itself. We cannot vouch for any packets of this product not bought from us.

Nor we can vouch for the authenticity of the products sold online which we've never seen and tested; everyone isn't us, and everyone isn't selling authentic products either, else the fake stereotype wouldn't have generated.

Is “Davisco.in” your website or owned by Davisco itself?

Davisco foods is an American Company whose official site is <http://www.daviscofoods.com/>

Davisco.in is an Indian site by a local seller Nutrition Planet in Noida who is misusing the domain name to portray that it is a direct site of Davisco Foods distributing their product to Indians. Davisco is a B2B (Business to Business) company who doesn't sell small quantities to retail customers. This is why they make only 50lb bags and not 2lb bags. They deal with importers first, not even with wholesalers.

And a lot of people ask me if Davisco is my own brand. Well I wish it were :)

Why don't you have offers every now and then like other E-Commerce websites?

I, Nipun Jain, personally does not believe in marketing gimmicks like year-round offers which are meant to fool the customer by hiking price all year and then offering a discount on the same as it leads to unfair treatment of customers who do not monitor our page closely. Either old or new, everyone gets equal treatment at our store and fair prices. We do not directly or indirectly cheat anybody by hiking our product rates to superficial levels and then offering a discount on it. Our product rates are already kept at baseline levels year round.

This way we not only maintain transparency but also save a lot of useless advertising and marketing costs and pass the benefit on to you.

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Design Your Own Stack!

How can I design a stack for myself as per my Budget and Goal?

All supplements might not be cost-effective and necessary than others. Some supplements like Creatine give the best bang for the buck and produce tremendous results for the very little money. However, all supplements do not work in a similar fashion. While they all will help you ultimately increase your workout performance, but via different pathways.

A supplement like creatine would do little good if your performance is limited by simply lack of enough drive and rage. While creatine will help by regenerating muscle ATP faster, a supplement like caffeine will stimulate the release of hormone adrenaline and help you lift more and run more by stimulating your Central Nervous System. They both ultimately do the same job by different pathways, and the combination of both will result in a greater performance than use of one alone.

There is an economic problem with everybody to make the best use of the money they have. So in an ideal world, every person would be able to spend on both, but we do not live in such a happy ideal world. Hence, for someone with a limited budget, I would suggest to get a jar of creatine and get their caffeine by making a humble cup of tea at home and drink it before the gym. For someone who has reached a point in their career where time is more scarce than money, I would tell them to pop a caffeine pill on the way from work to home, and while the caffeine kicks in, they pack their gym bags.

However, even for someone who doesn't have a budget problem, I would suggest not to waste their money if they are a beginner because their progress in the gym might be limited due to their rate of recovery and training intensity rather than supplementation. I would suggest making an addition of a supplement to the existing stack if only the progress has stopped and the person is absolutely sure that the problem lies with nutrition part and not the training part. Now on to the chart:

Monthly Budget/ Goal	Muscle Gain	Fat Loss
< 2k	Gainer, Creatine	Whey, Creatine
2k-3k	Whey, Creatine	Whey, Caffeine, Creatine

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3k-5k	Whey, Creatine, Glutamine, BCAA, Fish Oil	Whey, Creatine, Glutamine, BCAA, Fish Oil, Caffeine
5k-7k	Whey, Creatine, Glutamine, BCAA, Fish Oil, Pre-Workout	Whey, Creatine, Glutamine, BCAA, Fish Oil, Fat Burners
7k+	Whey, Creatine, Glutamine, BCAA, Fish Oil, Pre-Workout	Whey, Creatine, Glutamine, BCAA, Fish Oil, Fat Burners, Pre-Workout

A few key points to be noted here:

- Gainer and whey protein are not the kind of supplements you should totally rely upon. They make dieting easier. They are not a replacement for a well-balanced diet. Gainers will help skinny people who are simply not fond of eating enough food and protein supplements will help to meet protein requirements which in some cases might not be fulfilled from diet alone.
- Creatine is the most cost effective supplement there can be.
- Fish oil is not a sports supplement but a health supplement. It takes continuous consumption of fish oil for months and years for it to make an impact on your health but it's worth it. Just Google the benefits because they are too big to be written down here and you would also think I am trying to sell it to you too hard. So let someone else tell you that ;)
- BCAA and Glutamine are conditionally essential supplements which will help you perform better and recover faster under high amounts of stress. The biggest benefit I have observed from these is the prevention of dizziness during the workout and reduced soreness after workouts, especially when I am dieting down. Go for them if only you have extra money.
- I don't recommend a lot of caffeine intake when trying to bulk up as your CNS will already be stressed from heavy lifting. Caffeine will also suppress appetite and hence not recommended if you are trying to get more food in. An average caffeine pill has 200 mg of caffeine in it. While caffeine has shown to increase performance by up to 400 mg of caffeine pre-workout, the response of dose to every person is different, and there is a point of diminishing returns with caffeine. More is not better. More might not increase workout performance but definitely, make you restless, insomniac and ultimately tired and stressed. In some cases, it will also hinder workout performance. So tread carefully and listen to your body whenever you up the dose.

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Personally, I never went above 300 mg caffeine before a workout.

Fat Burners and Pre Workouts both have caffeine as a primary ingredient, but the former has mainly appetite suppressants and promoters of blood flow to fat cells while latter has ingredients which help delay fatigue during workouts. Refer to the chart above on how you should economize.

Obviously, you should not need fat burners if you are trying to gain mass, but if you are dieting to lose body fat, use the fat burners or caffeine pills on cardio days and during the day. Use Pre-Workouts only before weight training workouts no matter what the goal.

:)

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