

Vegan Collagen Alternative – Nutritionist Campaign 2021

“Amazing Alternative Vegan Protein Powder. (5 stars)

I love this product to boost protein intake with vegetarian/vegan clients for their gut health, mental health and hair, skin and nails.”

- Hannah Williams, Naturopath

“Good Vegan alternative for protein. (5 stars)

Mostly natural ingredients and high protein for a vegan alternative.”

- Elizabeth Radicevic, Dietitian

“Great collagen supplement for vegans (5 stars)

I have tried this product in my morning coffee and in smoothies. It has a mild taste and does not alter the taste of my morning coffee. It also contains a fantastic protein composition with all essential amino acids. I think this is a great product.”

- Katherine Hay, Nutritionist

“A vegan source of protein and collagen. (5 stars)

This powder is easy to consume and can be added into your post workout smoothie or breakfast smoothie. It contains a wide variety of nutrients needed for collagen synthesis such as zinc and vitamin c and has the added bonus of probiotics to assist with gut health. This is a great protein powder and collagen source for vegans. Non- vegans would also benefit from this too as it's so gentle on the stomach and easy to consume which makes it easy for clients to comply.”

- Latoya Cruz, Nutritionist

“Surprisingly delicious plant based collagen/protein with the full amino acid profile (5 stars)

Surprisingly delicious tasting for a collagen/protein powder using pea protein as the base. I have been using it in my bircher muesli as a protein source and it has a mild nutty taste to it which makes it very palatable. My partner has been using the powder with his shake after his long bike ride also found it easy to drink. With its full amino acid profile, it makes it a great alternative for people who are following a plant- based diet to be able to have a complete source of protein in the one meal.

- Phei, Nutritionist

“(5 stars) This is a protein powder that has a good balance of amino acids. It is a good option to consider for a protein powder, rather than relying just for collagen.”

- Lana, Dietician, Nutritionist

“A Great source of Vegan Protein. (5 stars)

Containing a large amount of amino acids, this product provides a great source of protein suitable for Vegans. Including probiotics, it also assists with gut health and is packed with nutrients with no fillers.”

- Lexi Crouch, Nutritionist

“Great Vegan Protein. (4 stars)

Brilliant nutrient profile with no fillers.”

- Maree, Nutritionist

“Amazing Vegan Friendly Protein Powder. (4 stars)

This is a great gut-friendly protein option for those on a vegan, vegetarian and/or dairy free diet. It's low in sugar, making it keto-friendly and has the added benefits of zinc and probiotics which are amazing for gut health.”

- Judy, Nutritionist

“Great Vegan Alternative. (4 stars)

Similar amino acid profile to animal collagen but from all vegan sources. No fillers and added probiotics make this a great choice.”

- Sarah Rock, Nutritionist

“A Great Vegan Collagen Alternative. (4 stars)

A protein rich, collagen source for both vegans & vegetarians. I like that it has added benefits of probiotics to support gut health and includes natural sources of vitamin C to promote collagen production!”

- Meagan McWhirter, Nutritionist

“A good vegan protein/collagen powder to use. (4 stars)

This product uses pea protein powder which provides a good amount of protein for those following a vegan diet. It is also difficult to find a collagen powder that is suitable for vegans. However this product does this by using specialised ingredients to deliver the same amino acid profile of collagen hydrolysate (animal sourced collagen). This is a great step into the right direction for suitable vegan collagen/protein powders.

It also uses clean ingredients which I love!”

- Sarah Reardon, Nutritionist

“Great vegan collagen alternative. (4 stars)

I love this blend for vegan clients looking to increase their protein intake and amino acids.

Very clean ingredients, pleasant taste and mixes and blends well.”

- Stephanie, Nutritionist, Naturopath

“Great option for vegans. (4 stars)

This is a great protein option for people who are on a vegan diet and can't have collagen. I like the balance of nutrients included along with the protein component.”

- Grace Miano, Nutritionist

“Great vegan protein and collagen product. (4 stars)

This is a great product for vegans to boost their protein intake - to enhance tissue building and repair. It can conveniently be added to water and milk substitutes or alternatively can be added to smoothies, smoothie bowls or acai bowls for an added boost of nutrients.”

- Dr Kristy Seward

“Great alternative vegan protein powder. (4 stars)

With its similar amino acid content to premium bovine collagen powders, it provides a beneficial nutritional source of protein for those looking to support their bodily tissue building/repair mechanisms. Alongside this AA content it's blended with fabulous nutrients to support the body as a whole, these include, probiotics for gut health, grape seed extract and Vitamin C for collagen formation and skin health, zinc for protein synthesis and maintenance of hair/nails, along with some beneficial superfoods.”

- Lilly, Nutritionist

“Great vegan protein powder. (4 stars)

This is a great vegan product for those looking to increase protein intake in a convenient way, particularly those who cannot consume animal-based protein products. It also has the added benefits of a range of nutrients due to the variety of natural ingredients, which support general health. The product is low in sugar. Per serve, the product is relatively lower in protein compared to other vegan protein products. However, the unique profile of nutrients does positively separate this product from typical protein powders.”

- Caitlin, Dietician

“Great vegan protein powder alternative. (4 stars)

Great alternative for vegans or those that need a dairy or gluten free option. I tried the Nutraviva Vegan Collagen in my morning smoothie and it was very palatable and quite similar to my other vegan protein powders that I use. Although the protein content per serve is not comparable to other vegan protein powders on the market, simply doubling the serving size or adding additional moderate-high protein rich vegan foods could boost the protein content. Overall, it's a great alternative for vegans and for those looking to boost their overall protein intake.”

- Holly, Dietician

“Great protein powder with many benefits to overall health and wellness. (5 stars)

This is a great protein powder that can be added to any smoothie. This product is great for athletes who need an extra protein boost, those who may be lacking enough protein, and those on special diets where protein intake may be difficult. This product is also great for maintaining general health, in particular, supporting our gut health, hair skin & nails, brain function and collagen formation. The extra benefit of probiotics also enhances our gut health which has a significant effect on our overall health.”

- Taylor Street, Nutritionist

“Would recommend. (4 stars)

Been including this product in my smoothies over the past few weeks- definitely recommended to consume with other ingredients as the flavour on it's own isn't the best. I think it's a great addition for plant based eaters due to the protein content.

- Mia, Nutritionist

“Great protein option with other benefits for vegans. (4 stars)

I enjoyed the texture and taste of this product in a smoothie. While the protein content isn't as high as other vegan protein powders, it contains a decent amount of protein per serve, while also containing other antioxidants, prebiotics, probiotics and minerals, which other protein powders often don't.”

- Kelsey, Nutritionist

“Great for boosting protein intake plus antioxidant and micronutrient bonus. (4 stars)

Great protein powder for vegans/vegetarians to supplement dietary intake. Has some great bonus antioxidants and micronutrients to top. Definitely have it in a smoothie, not just water.”

- Amanda Huynh, Dietician

“Nutritionally it's a very good product. (4 stars)

The nutrition profile of the Nutraviva collagen alternative is really good, the amino acid profile and natural ingredients make this a really good option for vegans and non-vegans alike looking to incorporate more high-quality protein in their diet. I have only tried it made on water and was not a fan of the flavour, but I will try it mixed in with a smoothie as some of the other reviews have suggested which I feel will be much more palatable.”

- Renae, Dietician

“Enjoyable. (4 stars)

I am not a protein powder fan as I much prefer just to eat real foods, however this one surprised me! I had it in a smoothie with banana, oat milk, and a touch of maple syrup and found that it was quite palatable. Nutritionally I believe it's a great option for vegans looking to increase their protein if their diet is falling short or to support their training goals.

- Bianca Woger, Dietician

“Delicious and smooth. (4 stars)

I really like the Nutraviva vegan collagen, I have been adding it to my smoothies for a few weeks now and it is nice and smooth with a pleasant flavour that isn't too strong. Keeps me full for a few hours and goes well with most flavour combinations!

- Alexandra King, Nutritionist

“(4 stars)

I really enjoyed the texture and the taste of Nutraviva vegan collagen alternative powder. I particularly enjoyed the inclusion of ingredients like berry powder, chia seeds, pumpkin seed, kale and beetroot powder which provides an extra intake of antioxidants, healthy fats and vitamin c. I would recommend this product, particularly to my plant based clients.

- Elle, Nutritionist

“Helpful to reach your protein requirements, especially for vegans. (4 stars)

Love the combination of collagen, vitamin C, zinc and probiotics. The product blends really well into smoothies and doesn't have a nasty aftertaste.”

- Chelsea, Dietician

“Great vegan protein supplement. (4 stars)

I tried this product mixed into a smoothie. I love that it was unflavoured, meaning it didn't interfere with the natural taste of my smoothie. It had a slight powdery texture, however this is normal for a product without any nasty fillers.

Great ingredients, and love that it's a source of plant based protein!"

- Ally Mannix, Nutritionist

"A good addition for those struggling to meet protein requirements through a vegan diet. (4 stars)

This powder blends really well into smoothies and does not leave a powdery texture which I loved. It does not have a strong flavour so you can hardly notice it when blended into your favourite smoothies. I like that it contains crucial nutrients such as iron and zinc, as these nutrient requirements can often be tricky to meet through a vegan diet. It could be a good option as an addition to a healthy diet for individuals who are struggling to meet protein requirements through a plant based diet."

- Ronell, Nutritionist

"I'm loving this collagen protein powder. (5 stars)

I love that anyone can use this collagen powder, vegan or not. It tastes good and has such a great profile of amino acids. As well as collagen it contains an array of co factors for skin health such as Vitamin C, zinc and even a probiotic. So good. Also low in carbohydrates and sugar which makes it a good protein smoothie addition."

- Gabriella Ratner, Nutritionist

"Great protein for vegans. (4 stars)

This product tastes quite similar to a lot of vegan proteins and blends well into smoothies and oats. It is also a good option if you need a gluten or dairy free alternative to whey protein.

I love that they are Australian owned and providing alternatives for the vegan community."

- C Austin, Dietician

"Great source of protein and essential nutrients. (4 stars)

I really enjoyed this product. It doesn't have any flavour so I like to blend mine in a smoothie or add to my morning porridge. It blends really well and mixes in! it's smooth and not clumpy!! It's a great source of protein and I really like that it contains 9 essential amino acids and a number of different nutrients such as iron which are super important on a vegan diet in particular. A very versatile product that contains many natural ingredients which is great to see in a protein powder. I also found it digested well and didn't leave me feeling heavy or bloated. A great vegan protein/ collagen option."

- Laura Goodridge, Nutritionist & Dietician

“Yummy and mixes really well. (5 stars)

I'm really enjoying using the Nutraviva Vegan Collagen. I didn't expect it to taste so delicious and mix into drinks so well, and I'm very pleased with it :) I especially like that it's not sweetened with any sugar alcohols (because these can cause bloating and gas for some people!). I also like the sunflower seed protein, chia seed powder and pumpkin seed powder that have been added in - all such nutritional powerhouses.”

- Nina K, Nutritionist

“Great protein option. (4 stars)

This is a great protein powder option, especially for those following a plant-based diet! It doesn't have an over-powering flavour so it can be easily mixed into smoothies, porridge, protein balls, and/or baked oats. I love how it contains all 9 amino acids, probiotics, and other amazing nutrients such as zinc and vitamin C. It mixes well and doesn't leave any random clumps.”

- Monique Pendlebury, Nutritionist

“Great plant-based collagen alternative. (5 stars)

I really like this product as it can easily be mixed in with foods or added to smoothies to increase your protein consumption. The flavour is unoffensive, the ingredients list is good & the fact that it is vegan friendly makes it a great option for those following a plant-based diet or with a lactose intolerance.”

- Angelica-Hazel Toutounji, Nutritionist

“Nutritionist approved (5 stars)

I really love this product. It has a very mild flavour so it is very palatable and can be added to smoothies, porridge or even a glass of water. It is easy on the digestive system, has a great nutrient profile with not only great sources of plant protein, but also antioxidants, omega 3, probiotic cultures, and no added sweeteners, making this a winner from me :)”

- Aliz, Nutritionist

“Lovely plant-based protein powder! (4 stars)

This product really surprised me. I wasn't sure what to expect being that it is unflavoured however it has tasted absolutely fantastic in my daily smoothies! You are able to create any flavour with it which allows it to be such a diverse product, specifically in cooking. The generous serving of zinc has also been great during winter to keep on top of immune health. Definitely would recommend as a plant-based protein powder!

- Courtney, Nutritionist

“Nutritionally practical product (4 stars)

This is a great product to tick off some nutritional boxes for those on vegan and vegetarian diets. I have tried this in my post-workout smoothies and love that it has a mild flavour so can be mixed into foods and snacks I normally eat without changing the flavour too much.”

- Kelsey Hutton, Nutritionist

“Great for vegans (4 stars)

Considering this is a vegan product I was definitely impressed that it contained all essential amino acids which makes this a complete protein. I have added this into my mixed berries smoothie with oat milk and it didn't overpower the taste at all.

I would definitely recommend this to my vegan clients.”

- Georgia Murchie, Nutritionist

“Excellent vegan collagen/protein powder alternative with essential nutrients! (3 stars)

This product is a GREAT alternative for Vegans or for those that require a dairy or gluten free option. You can use the Nutraviva Vegan Collagen Protein Powder in smoothies, porridges, pancake mixtures, chia puddings and even mix it in hot or iced coffee / cacao. It's flavourless and palatable which makes it really versatile to use in anything and contains natural ingredients which is great!

Nutritional Perspective: It's a great alternative for vegans and for those looking to boost their overall protein intake with the addition of 9 essential amino acids and a number of nutrients such as Iron and Zinc which are super important for people following a plant-based diet. I LOVE that it supports hair, skin and nails, collagen formation, protein synthesis and is beneficial for gut health with the small addition of probiotics for a healthy gut microbiome. It's very important to note that this product shouldn't replace a healthy balanced whole foods diet, rather it is to be consumed as an additional product to a healthy diet for those individuals who may be struggling to meet their protein requirements through a plant-based diet.”

- Michaela Pamensky, Nutritionist