

# Early to Rise Customer Support

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## I am unable to buy protein powder locally what are some other options?

Stephanie H - 2020-02-20 - [Shakes](#)

If you can't buy protein powder locally, check out Biotrust... they have an excellent protein powder you can purchase online.  
<https://www.biotrust.com/>

If that doesn't work then a great alternative to not being able to buy protein powder locally is to use raw milk: the original protein drink. It contains a synergistic balance of carbohydrates, protein and fat. Source RAW milk, which is a completely different thing than pasteurized milk. It contains the live enzymes and bio-available vitamins that are destroyed during processing.