

SUPERIOR

PROTEIN SHAKE COMPARISON

INFERIOR

BRAND	MEAL REPLACEMENT	CAL	ALL NATURAL	PROTEIN GRAMS	PROTEIN SOURCE	COMPLETE PROTEIN	CARBS	VITAMINS % DV	METHYL B12 FOLATE	VITAMIN D3	ALL 72 MINERALS	MCTs	6 UNIQUE FIBERS	COST/GR PROTEIN	COST/SERVING
CORNERSTONE	YES	170	YES	23g	WHEY PEA	YES	10g	50-500%	YES	800 IU	YES	YES	YES	\$0.11	\$2.60
OPTIFAST 800	NO	160	NO	16g	MILK SOY	YES	18g	20%	NO	160 IU	NO	NO	NO	\$0.23	\$4.20
HERBALIFE	NO	170	NO	9g	SOY	YES	13g	20-25%	NO	200 IU	NO	NO	NO	\$0.21	\$1.90
KA'CHAVA	YES	240	YES	25g	PEA GRAIN	NO	24g	33-250%	NO	280 IU	NO	NO	NO	\$0.18	\$4.80
NEW DIRECTION	YES	200	NO	27g	WHEY MILK	YES	12g	35%	NO	280 IU	NO	NO	NO	\$0.14	\$4.00
OPTAVIA	NO	110	YES	14g	SOY WHEY	YES	13g	20%	NO	400 IU	NO	NO	NO	\$0.23	\$3.29
PREMIER PROTEIN	NO	150	NO	30g	WHEY	YES	3g	0	NO	0	NO	NO	NO	\$0.05	\$1.35
ORGAIN	NO	150	YES	21g	PEA RICE	NO	15g	0	NO	0	NO	NO	NO	\$0.06	\$1.45
ISAGENIX	YES	240	YES	24g	WHEY MILK	YES	24g	30-200%	ONLY FOLATE	400 IU	NO	YES	NO	\$0.14	\$3.50
HMR 120	YES	120	NO	12g	MILK	YES	14g	35%	NO	0	NO	NO	NO	\$0.18	\$2.80
SHAKEOLOGY	YES	140	YES	17g	WHEY PEA	YES	17g	25-300%	YES	200 IU	NO	NO	NO	\$0.25	\$4.30
FAIRLIFE RTD	NO	150	NO	30g	MILK	YES	3g	A, B2 & B12 20%	NO	200IU	NO	NO	NO	\$0.12	\$3.60
VITAL PROTEIN	NO	70	YES	18g	COLLAGEN COW HIDE	NO	0g	0	NO	NO	NO	NO	NO	\$0.10	\$1.86
IDEAL PROTEIN	NO	120	NO	20g	WHEY MILK	YES	9g	20%	NO	160 IU	NO	NO	NO	\$0.21	\$4.29



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