

| Shake Comparisons | | | | | | | vegan options | | | | |
|-------------------------|---|---|---|---------------------------------------|--|----------------------|--|---|--|---|---|
| | Young Living Pure Protein | Shakeology | Isagenix | Advocare | DoTerra Trim | Plexus 96 | Natures Sunshine Love & Peas | Shakeology Vegan | Young Living Slique | Vega One | |
| Protein type | whey, goat whey, egg, pea, hemp, ancient peat | whey, pea, sacha inchi, chia, flax, quinoa | whey, milk, dry milk | whey, calcium caseinate, milk protein | whey, egg | whey | pea, rice, bean | pea, oat, rice, chia, flax, quinoa, sacha inchi | pea, quinoa, wolfberry, pumpkin seed | pea, hemp, sacha inchi | Shakes with SOY: Herbalife, ViSalus, Juice Plus, Natures Sunshine SmartMeal |
| Calories | 170 | 160 | 240 | 220 | 140 | 100 | 140 | 160 | 190 | 160 | |
| Protein | 25g | 17g | 24g | 24g | 16g | 15g | 20g | 16g | 16g | 20g | |
| Sugar type | Evap. Cane juice, stevia | organic cane sugar, stevia | fructose, stevia | fructose, maltodextrin, sucralose | stevia | maltodextrin, stevia | erythritol, stevia, monk fruit | organic cane sugar, stevia | coconut palm sugar, stevia | stevia | |
| Sugar grams | 9g | 7g | 11g | 12g | - | - | - | 7g | 11g | 1g | |
| Sodium | 240mg | 180mg | 265mg | 80mg | 36mg | 30mg | 390mg | 280mg | 410mg | 240mg | |
| Total Carbs | 14g | 17g | 24g | 24g | 10g | 3g | 10g | 18g | 23g | 10g | |
| Dietary Fiber | 2g | 6g | 8g | 6g | 5g | - | 3g | 6g | 7g | 6g | |
| digestive enzymes? | YES | YES | YES | no | no | no | YES | YES | no | no | |
| % of RDA: | | | | | | | | | | | |
| Vitamin A | - | 100 | 50 | 15 | 20 | 25 | 70 | | 8 | 90 | |
| Vitamin C | - | 300 | 40 | 15 | 20 | 25 | 70 | | 20 | 70 | |
| Vitamin D | - | 50 | 80 | 15 | 20 | 25 | 70 | | - | 50 | |
| Vitamin E | - | 50 | 35 | 15 | 20 | 17 | | | - | 50 | |
| Vitamin K | - | 50 | - | 15 | - | - | | | - | 60 | |
| Vit B1 -thiamin | 50 | 100 | 60 | 15 | 20 | 25 | 70 | | 20 | 50 | |
| Vit B2 - riboflavin | 50 | 77 | 70 | 40 | 20 | 25 | 80 | | 25 | 60 | |
| Vit B3 - niacin | 50 | 25 | 45 | 15 | 20 | 25 | 80 | | 30 | 50 | |
| Vit B6 | 50 | 100 | 60 | 15 | 20 | 25 | 80 | | 20 | 50 | |
| folate/folic acid | 50 | 50 | 80 | 15 | 20 | 25 | 80 | | 15 | 50 | |
| Vit B12 | 50 | 100 | 200 | 20 | 20 | 33 | 80 | | 6 | 15 | |
| Biotin | 50 | 30 | 45 | 15 | 20 | 25 | 80 | | 8 | 50 | |
| Pantothenic Acid | 50 | 50 | 40 | 15 | 20 | 25 | 80 | | 10 | 50 | |
| Calcium | 10 | 50 | 30 | 50 | 20 | 15 | 2 | | 2 | 20 | |
| Iron | - | 22 | 14 | 20 | 20 | - | | | 30 | 15 | |
| Phosphorus | - | 25 | 25 | 30 | 20 | - | | | 25 | 25 | |
| Iodine | - | 35 | 40 | 20 | 20 | - | 70 | | 25 | 2 | |
| Magnesium | - | 20 | 50 | 40 | 20 | 12 | | | 20 | 10 | |
| Zinc | 100 | 40 | 45 | 15 | 20 | 25 | 80 | | 20 | | |
| Copper | - | 40 | 50 | 20 | 20 | 3 | 80 | | 25 | | |
| Manganese | - | 100 | 60 | 30 | - | 25 | 80 | | 150 | | |
| Chromium | - | 50 | 80 | 15 | - | 25 | 80 | | 10 | | |
| Molybdenum | - | 40 | 60 | 30 | - | - | 80 | | 25 | | |
| Selenium | - | - | 40 | 15 | - | - | 70 | | 25 | 2 | |
| servings/container | 18 | 30 | 14 | 14 | 20 | 12 | 15 | 30 | 15 | 20 | |
| member cost | 65.00 | 113.41 | 39.95 | 26.97 | 39.50 | 22.95 | 27.95 | 113.41 | 49.75 | 49.49 | |
| member per serving | 3.61 | 3.78 | 2.85 | 1.93 | 1.98 | 1.91 | 1.86 | 3.78 | 3.32 | 2.47 | |
| retail cost | 85.53 | 129.95 | 53.27 | 35.96 | 52.67 | 32.95 | 41.95 | 129.95 | 65.46 | 54.99 | |
| retail per serving | 4.75 | 4.33 | 3.81 | 2.57 | 2.63 | 2.75 | 2.80 | 4.33 | 4.36 | 2.75 | |
| Superfruit antioxidants | | camu camu, acerola cherry, bilberry, goji, green tea, pomegranate, rose hips, luohan guo | | | | | blueberry, cranberry, pomegranate, grape seed extract | camu camu, acerola cherry, bilberry, goji, green tea, pomegranate, rose hips, luohan guo | strawberry, wolfberry, extracts of green tea, guarana seed, grapes, grapefruit, black carrot | grape seed extract, pomegranate, acai, magosteen, goji, maqui | |
| Greens | | moringa, chlorella, spinach, kale, matcha | alfalfa | | | | broccoli, carrot powder | moringa, chlorella, spinach, kale, matcha | alfalfa grass | spinach, broccoli, spirulina, kale, chlorella | |
| Probiotics | acidophilus | bacillus coagulans | | | | | | bacillus coagulans | | bacillus coagulans | |
| Other Nutrients | amino acid blend, orange essential oil | MSM, ashwagandha, astragalus, cordyceps, ginkgo, maca, maitake, reishi, chaga, yacon root, chicory root | flax seed, yucca root, psyllium seed, cinnamon bark | amino acids, bromelain, papain | ashwagandha, solathin (appetite suppressant) | | plant enzyme blend, beta glucans, bamboo fiber, rice bran, rice germ, borage oil | MSM, ashwagandha, astragalus, cordyceps, ginkgo, maca, maitake, reishi, chaga, yacon root, chicory root | EO's grapefruit, tangerine, spearmint, lemon, ocotea | flaxseed, maca, marine algae calcium | |
| folate or folic acid? | folate | folate | folate | folic acid | folic acid | | ? | not fortified | folate | folate | |
| Notes | | | | has soy lecithin | 40 servings listed on container to be mixed with 4oz liquid, I doubled all nutritional info for comparison | | carrageenan | NOT Fortified so no % listed | | luckyvitamin.com for price and ingredients for french vanilla | |