

Meal Shake Comparison Chart



Grams per Serving	41.78 grams	46 grams	40 grams	23.8 grams	34 grams
Price per Serving	\$5.33	\$3.68	\$3.25	\$2.33	\$1.50
# of Ingredients	115 (Vanilla) & 116 (Chocolate)	40	23	23	48
# of Whole Plants	37	12	10	11	23
# Plant & Fungal Materials	100	19	15+1 yeast	11	31
Serv. of Fruits & Veg.	7	6	???	???	???
i.u. of Vitamin D3	1,000 as vegan Vitamin D3	200-as Vitamin D2	0	0	0
Grams of Protein	20 (Vanilla) & 22 (Chocolate)	20 grams	15 grams	11 grams	40 grams
Grams of Fiber	3.3 to 4 grams	6 grams	6 grams	6 grams	11 grams
Antioxidants	34	6	6	3	0
Probiotics, CFU in Billions	25	1	0	not revealed	not revealed
Probiotic Strains	12	2	0	1	2
Proprietary Blends	0	6	1	4	4
Digestive Enzymes	7-High Potency	6	none	6	17 alleged
Synthetic Fortification	3 (B12, E, Boron)	26 Ingredients	7 Ingredients	none	none
Natural Fortification	23 (22 Certified Organic) 2 Natural	None	1 (Selenium yeast)	-	-
Powder Color	Green	Beige	Beige	Brown	Green
Full Disclosure Labeling	Absolutely YES!	No	No	No	No (Most Obscure)
Notes	Most Nutrient Dense	Most Proprietary Blends	Heavy Grains	Limited Formula	2nd ingredient is brown rice sweetener!