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ViSalus Vi-Shape® Competitor Comparison

	ViSalus Vi-Shape®	Herbalife Instant	Amway Trim Adv	Pharmanex Body	Melaleuca Attain	Shaklee Slim Plan	Isagenix Isalean	Retail Brands		
								SlimFast	Myoplex	Met-RX
Pre-Biotic	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Patented Fiber	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Serving of Fiber	YES	NO	YES	NO	NO	YES	YES	YES	NO	NO
FAT (in grams)	1 g	3 g	2 g	3 g	2 g	5 g	5	3 g	6 g	2.5 g
- Saturated fat	NO	YES	YES	YES	NO	YES	YES	YES	YES	YES
Sugar (gr)	<1	3	21	24	8	14	14	35	2	6
Carbs (gr)	7	23	28	37	14	25	28	40	9	14
Calories	90	200	170	250	130	200	230	220	240	240
Sodium (mg)	75	420	360	240	240	370	200	220	530	340
Mix in Water & milk	YES	NO	NO	NO	NO	NO	NO	N/A	N/A	N/A
Cost per Serving	$1.50	$3.00	$2.73	$2.80	$1.35	$2.66	$3.22	$1.25	$2.90	$2.50

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ViSalus Vi-Shape® Nutrient and Calorie Comparison

See how the Vi-Shape® Nutritional Shake Mix stacks up against the nutrition found in everyday foods.

Get balanced, healthy nutrition for a fraction of the cost and time.

Simple
Nutritious
Delicious

1 Serving Vi-Shape® Nutritional Shake Mix in milk (Shake mix = $1.50)		**$1.85**	**170**
Equivalent nutritients for 1 Serving of Vi-Shape® as found in everyday foods		**$102.94**	**8,674**
Vi-Shape® Shake Nutrients	**Food Equivalents**	**Food Retail Price**	**Food Calories**
Vitamin E	1.5 cups Chopped Broccoli	$1.48	46
Vitamin D & Protein	13 Whole Eggs	$2.38	1,014
Vitamin A	5 Medium Peaches	$4.00	190
Vitamin B12	2.5 Chicken Breasts	$3.74	355
Calcium (Shake mix without milk)	1.5 cups Frozen Yogurt	$2.63	390
Magnesium	1.5 cups Bran Flakes	$0.35	192
Vitamin B6	18 oz. Tomato Juice	$1.26	93
Folic Acid	1.5 cups Shredded Romaine Lettuce	$1.79	12
Zinc	5 oz. Cheddar Cheese	$3.68	565
Niacin	3 cups Cooked Lima Beans	$3.24	570
Pantothenic Acid	15 Slices Whole Wheat Bread	$0.94	975
Riboflavin	20 Spears of Asparagus	$3.99	20
Selenium	1 cup Brown Rice	$0.82	216
Copper	2 cups Sliced Mushrooms	$4.98	30
Chromium	30 Apples	$27.00	1,900
Manganese	5 cups Chopped Celery (~10 stalks/whole)	$16.90	70
Molybdenum	3.5 Medium Tomatoes	$5.25	77
Digestive Enzymes	3 Pineapples	$11.97	1,359
Fiber	30 Prunes	$6.54	600
	Total	**$102.94**	**8,674**

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ViSalus Vi-Shape® Breakfast Comparison

	Vi-Shape®	McDonalds	Starbucks	Jamba Juice
	1 Serving Shake Mix with milk, fruit, and Strawberry Mix-In	McMuffin Meal, Coffee, Small OJ	Coffee, Bagel, Small OJ	Protein Berry Smoothie
Cost	**$2.50**	**$5.94**	**$7.95**	**$5.25**
Calories	225	610	810	480
Sugar	13g (from milk and strawberries)	44g	44g	85g
Sodium	205mg (75mg from Shake Mix)	1,260mg	818mg	170mg
Fat	1g	23.5g	11.6g	1.5g
Fiber	9g	Less than a serving	Less than a serving	7g
Carbohydrates	31g (only 7g from Shake Mix)	90g	99g	101g

Images are representational only. For example: one salt shaker represents 100mg sodium.

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