

Superior			PROTEIN SHAKE COMPARISON CHART										Inferior			
BRAND	MEAL REPLACEMENT	CALORIES	ALL NATURAL	PROTEIN GRAMS	PROTEIN SOURCE	COMPLETE PROTEIN	TOTAL CARBS	FAT GRAMS	% DV VITAMINS	METHYLATED B12 & FOLATE	VITAMIN D3	72 MINERALS	MCTs	6 DIFFERENT FIBERS	COST/GRAM PROTEIN	COST/SERVING
CORNERSTONE WELLNESS	Yes	170 cal	Yes	23 grams	95% Whey 5% Pea	Yes	10 grams	4 grams	100-500%	Yes	800 IU	Yes	Yes	Yes	\$0.11	\$2.60
OPTIFAST 800	No	160 cal	No	30 grams	Milk Soy Casein	Yes	18 grams	3 grams	20-25%	No	160 IU	No	No	No	\$0.18	\$3.00
K'ACHAVA	Yes	220 cal	Yes	25 grams	Pea Grain Rice	No	25 grams	7 grams	25-250%	No	160 IU	No	No	No	\$0.18	\$4.60
IDEAL PROTEIN	No	120 cal	No	18 grams	Milk Whey	Yes	10 grams	2 gram	Zero	No	Zero	No	No	No	\$0.30	\$5.20
NEW DIRECTION (ROBARD)	Yes	160 cal	No	20 grams	Whey Milk Casein	Yes	10 grams	5 grams	25-40%	No	280 IU	No	No	No	\$0.20	\$4.00
OPTAVIA	No	110 cal	Yes	15 grams	Whey Casein	Yes	13 grams	1 gram	15-20%	No	120 IU	No	No	No	\$0.23	\$3.20
PREMIER PROTEIN	No	150 cal	No	16 grams	Whey	Yes	18 grams	3.5 grams	20%	No	120 IU	No	No	No	\$0.05	\$1.47
ORGAIN	No	150 cal	Yes	21 grams	Pea Rice Chia	No	15 grams	4 grams	Zero	No	Zero	No	No	No	\$0.08	\$1.67
ISOGENIX	Yes	240 cal	Yes	24 grams	Whey Milk	Yes	24 grams	6 grams	32-200%	No	480 IU	No	Yes	No	\$0.21	\$4.93
HMR 120	Yes	120 cal	No	12 grams	Milk Soy Casein	Yes	14 grams	2 grams	15-35%	No	210 IU	No	No	No	\$0.19	\$2.33
SHAKEOLOGY	Yes	160 cal	Yes	17 grams	Whey Pea Quinoa	Yes	18 grams	2.5grams	35-200%	Yes	800 IU	No	No	No	0.37	\$5.47
Fairlife RTD	No	150 cal	No	30 grams	Milk	Yes	3 grams	2.5 grams	0 -60%	No	150 IU	No	No	No	\$0.11	\$3.33
VITAL PROTEINS	No	110 cal	Yes	18 grams	Collagen Cow Hide	Yes	Zero	Zero	Zero	No	No	No	No	No	\$0.10	\$1.86

Superior and inferior delineation based on comparison to the Cornerstone Wellness Meal Replacement

FDA does not define term “meal replacement” however the SNE ([\(\(specialisednutritioneurope.eu\)\)](https://specialisednutritioneurope.eu) European equivalent of FDA does, which defines requirement of vitamin content at 35%or greater

Whey protein concentrate is superior to any other protein source for the following reasons. 1.Whey has the highest biologic value (BV) of any protein. 2. It has the highest branched chain amino acid content particularly leucine, 3.Increases release of anabolic hormones 4. Greatest synthesis of muscle mass 5.Most digestible and quickest absorbed 6 It is the most satiating protein 7. Increases energy expenditure by calories/day,8. Decreases “cravings” by 60% and late night snacking by half 9.Greater muscle growth and retention compared to soy and casein 10.Lowers BP 4% in 12 weeks due to containing ACE inhibitors called lactokinins.11. improves insulin sensitivity comparable to sulfonylureas, 12.Reduces CRP. For references go to <https://www.healthline.com/nutrition/10-health-benefits-of-whey-protein>