





















	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

Vi-Shape® Competitor Comparison

	ViSales Vi-Shape®	Herbalife Instant	Amway Trim Adv	Pharmanex Body	Melaleuca Attain	Shaklee Gnd Shake	Isagenix Isalean	Zrii NutriVeda	MonaVie RVL	Retail Brands		
										SlimFast	Myoplex	Met-RX
Pre-Biotic	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Patented Fiber	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Serving of Fiber	YES	NO	YES	NO	NO	YES	YES	NO	YES	YES	NO	NO
FAT (in grams)	1	3	2	3	2	3	5	0	4	3	6	2.5
- Saturated fat	NO	YES	YES	YES	NO	YES	YES	NO	YES	YES	YES	YES
Sugar (in grams)	<1	3	21	24	8	15	14	5	7	35	2	6
Carbs (in grams)	7	23	28	37	14	23	28	17	29	40	9	14
Calories	90	200	170	250	130	180	230	153	190	220	240	240
Sodium (mg)	75	420	360	240	240	370	200	Not Listed*	180	220	530	340
Mix in Water & milk	YES	NO	NO	NO	NO	YES	NO	YES	YES	N/A	N/A	N/A