

Shaklee Protein Supplement Comparison

Best



	Soy Mix 20661 \$1.20	Energizing 20665 \$1.20	Life Soy 21263 \$2.58	Life Non-Soy 21274 \$3.33	180 Whey 21260 \$3.26	Physique 20495 \$2.22	Meal Shake 20321 \$1.51
Cost/Day - MN Price	\$1.20	\$1.20	\$2.58	\$3.33	\$3.26	\$2.22	\$1.51
Histidine	440mg	340mg	*	*	*	*	*
Isoleucine	830mg	630mg	*	*	*	*	*
Leucine	1390mg	1160mg	*	*	*	*	*
Lysine	1060mg	890mg	*	*	*	*	*
Methionine	230mg	180mg	*	*	*	*	*
Phenylalanine	890mg	650mg	*	*	*	*	*
Threonine	640mg	520mg	*	*	*	*	*
Tryptophan	210mg	180mg	*	*	*	*	*
Valine	850mg	650mg	*	*	*	*	*
Total Protein	16g 32%	14g 28%	16g 32%	16g 32%	16g 32%	14g 28%	7g 14%
Promotes Milk	NO	NO	YES	YES	YES	YES	YES
Calories	80	110	170	170	180	210	120
Cholesterol	None	None	None	None	5mg 2%	<5mg 2%	<5mg 1%
Fat Calories	10	10	30	30	30	5	5
Sugar	None	9g	10g	10g	16g	21g	18g
Total Carbs	<1g <1%	10g 3%	18g 6%	18g 6%	24g 8%	38g 13%	23g 8%
Calcium	35%	500mg 50%	35%	35%	35%	15%	20%
Riboflavin		2mg 118%	35%	35%	35%	80%	10%
Thiamin		2mg 133%	35%	35%	35%	90%	30%
Chromium nicotinate			80%	80%	80%	25%	35%
D			35%	35%	35%		10%
E			35%	35%	35%	25%	35%
Fiber (dietary)			6g 24%	6g 24%	5g 20%		3g 12%
Fiber (soluable)			4g	4g	5g		3g
Magnesium			35%	35%	35%	20%	25%
Manganese			35%	35%	35%	25%	35%
Molybdenum			35%	35%	35%	25%	35%
Phosphorus	30%	250mg 25%	35%	35%	30%	10%	15%
Potassium			310mg 9%	310mg 9%		40mg 1%	275mg 8%
B12			35%	35%	35%	90%	20%
B6		0.5mg 25%	35%	35%	35%	100%	30%
Biotin			35%	35%	35%	100%	35%
C			35%	35%	35%	100%	30%
Fat total	1.5g 2%	1g 2%	3g 5%	3g 5%	2.5g 4%	0.5g 1%	0.5g 1%
Folate			35%	35%	35%	100%	35%
Niacin		10mg 50%	35%	35%	35%	100%	35%
A			10%	10%	10%	15%	25%
Copper					35%	25%	35%
Iodine							35%
Selenium					35%	25%	35%
Sodium	190mg	170mg 7%	240mg 10%	125mg 5%	200mg 8%	80mg 3%	80mg 3%
Zinc					35%	25%	30%
Chloride			8%	8%	6%		4%
Fat monounsaturated			1.5g	1.5g	1.5g		
Fat polyunsaturated			1g	1g	.5g		
Fat Saturated					.5g 3%		1%
Iron	15%	3mg 17%	10%	20%	10%		35%
Pantothenic Acid		2mg 20%	35%	35%	35%	90%	30%

* Nine ESSENTIAL amino acid ratio's not defined