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ViSalus Vi-Shape® Competitor Comparison

	ViSalus Vi-Shape	Muscle Synth 6	Muscle Milk Original	Muscle Milk Light	Amplified by GNC	Met-RX Original	Monster Mass	Myoplex Original	Slimfast 3-2-1 Powder **
Cost per serving (powder)	\$1.50	\$1.33	\$1.59	\$1.40	\$1.79	\$2.23	\$3.61	\$2.99	\$1.25
Fat (g)	1	6	6	3	2	3	17	3	4
Saturated Fat (g)	0	2	3	1.5	1	1	6	1	1
Sodium	75	190	150	120	210	370	230	270	130
Carbohydrates (g)	7	13	9	6	8	17	71	24	18
Sugar (g)	<1	2	2	1	2	2	6	3	10
Fiber (g)	5	5	2	<1	3	3	5	2	4
Prebiotic Fiber y/n	YES	NO	NO	NO	No	NO	NO	No	No
Cholesterol (mg)	15	60	13	10	55	20	130	50	4
Cholesterol % of DV	5%	20%	4%	3%	18%	7%	43%	17%	2%
Protein (g)	12	23	16	12	20	38	50	42	2
Calories in Powder alone	90	200	150	100	130	240	640	280	110
Calories mixed in 8 oz skim milk	176	286	236	186	216	326	726	366	196
Vitamins: % DV									
Vitamin A	30%	---	16%	15%	---	90%	35%	50%	---
Vitamin C	30%	---	16%	15%	---	100%	35%	50%	---
Calcium	30%	10%	16%	20%	9%	110%	---	70%	---
Iron	5%	2%	16%	15%	---	70%	---	60%	---
Vitamin D	30%	---	16%	15%	---	60%	35%	---	---
Vitamin E	30%	---	16%	20%	---	150%	35%	100%	---
Thiamin	30%	---	16%	15%	---	60%	35%	50%	---
Riboflavin	30%	---	16%	15%	---	60%	35%	60%	---
Niacin	30%	---	16%	15%	---	100%	35%	50%	---
Vitamin B6	30%	---	16%	15%	---	60%	35%	50%	---
Folate	30%	---	16%	15%	---	100%	35%	50%	---
Vitamin B12	30%	---	16%	15%	---	50%	35%	90%	---
Biotin	30%	---	16%	15%	---	60%	35%	50%	---
Panthenic Acid	30%	---	16%	20%	---	40%	35%	50%	---
Phosphorus	30%	10%	16%	20%	---	90%	35%	35%	---
Iodine	30%	---	16%	20%	---	40%	35%	50%	---
Magnesium	30%	4%	16%	15%	---	60%	35%	50%	---
Zinc	30%	---	16%	15%	---	40%	35%	50%	---
Selenium	30%	---	---	---	---	40%	---	35%	---
Copper	30%	---	16%	15%	---	40%	35%	50%	---
Manganese	30%	---	---	---	---	50%	---	100%	---
Chromium	30%	---	42%	40%	---	50%	80%	80%	---
Molybdenum	30%	---	---	---	---	80%	---	70%	---
Potassium	4%	5%	9%	3%	8%	37%	25%	22%	5%

NOTE: All Values are ONE SERVING PER THAT PRODUCT'S Label. For Example, if a product says 2 scoops is a serving, that is the value used. For Muscle Milk where both one scoop and two scoop options were available, the single scoop option was used. For SlimFast, these values are for powder only to match the other products. Many slim fast labels list nutrition including milk but to make slim fast comparable to the other products, powder only was used as all products could be mixed with milk to increase calcium, Vitamin D, etc.