

Superior

Protein Shake Comparison Chart

Inferior

BRAND	MEAL REPLACEMENT?	CALORIES	ALL NATURAL	PROTEIN GRAMS	PROTEIN SOURCE	COMPLETE PROTEIN?	CARBS	% DV VITAMINS	METHYL B12 & FOLATE	VITAMIN D3	ALL 72 MINERALS	MCTs	6 UNIQUE FIBERS	COST/ GRAM PROTEIN	COST PER SERVING
CORNERSTONE	Yes	170	Yes	23g	95% whey 5%pea	Yes	10g	100-500%	Yes	800IU	Yes	Yes	Yes	11 cents	\$2.60
OPTIFAST 800	No	160	No	16g	milk soy casein	Yes	18g	30-35%	No	100IU	No	No	No	18 cents	\$3.00
HERBALIFE	No	170	No	9g	soy	No	13g	20-25%	No	200 IU	No	No	No	21 cents	\$1.90
KA'CHAVA	Yes	220	Yes	24g	pea grain rice	No	28g	25-250%	No	160IU	No	No	No	18 cents	\$4.80
NEW DIRECTION	No	160	No	20g	whey milk casein	Yes	10g	25-40%	No	200IU	No	No	No	20 cents	\$4.00
OPTAVIA	No	110	Yes	15g	whey casein	Yes	13g	15-20%	No	120IU	No	No	No	23 cents	\$3.20
PREMIER PROTEIN	No	150	No	30g	whey	Yes	5g	20-25%	No	120IU	No	No	No	5 cents	\$1.70
ORGAIN	No	150	Yes	21g	pea rice chia	No	15g	Zero	No	Zero	No	No	No	8 cents	\$1.67
ISOGENIX	Yes	240	Yes	24g	whey milk	Yes	26g	30-200%	No	480IU	No	Yes	No	21 cents	\$4.93
HMR 120	No	120	No	12g	milk soy casein	Yes	14g	15-35%	No	210IU	No	No	No	19 cents	\$2.30
SHAKEOLOGY	Yes	160	Yes	17g	whey pea quinoa	No	10g	35-200%	Yes	800IU	No	No	No	37 cents	\$4.30
FAIRLIFE RTD	No	150	No	30g	milk	Yes	3g	Zero	No	Zero	No	No	No	13 cents	\$3.33
VITAL PROTEIN	No	110	No	18g	collagen, cow hide	No	0g	Zero	No	Zero	No	No	No	10 cents	\$1.86
IDEAL PROTEIN	No	120	No	18g	whey milk	Yes	10g	Zero	No	Zero	No	No	No	20 cents	\$4.10

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. Has highest branched chain amino acid content. 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 100 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. 13. Greater weight/fat loss than all other protein powders.For references go to <https://www.healthline.com/nutrition/10-health-benefits-of-whey-protein>