



1 serving Vi-Shape® Nutritional Shake Mix in milk (Shake mix = \$1.50 USD)

\$1.85 USD

240 CALORIES

Equivalent nutrients for 1 serving of Vi-Shape® as found in everyday foods

\$86.25 USD

6,010 CALORIES

1 serving of shake has as much nutrients as in the following foods:

See how each nutrient in Vi-Shape® Nutritional Shake Mix stacks up against the same nutrient content found in everyday foods.

Get balanced, healthy nutrition for a fraction of the cost and time.

SIMPLE.  
NUTRITIOUS.  
DELICIOUS.

Vi-Shape® SHAKE NUTRIENTS PER 32 GRAM SERVING	FOOD EQUIVALENTS FOR SAME NUTRIENTS	FOOD RETAIL PRICE USD	FOOD CALORIES
Vitamin E 5 mg	1.5 cups Chopped Broccoli	\$1.48	46
Protein 12 g (powder)   22–25 g mixed with 1% milk	4–6 oz Salmon	\$1.94	259
Vitamin A 225 RE	5 Medium Peaches	\$4.00	190
Vitamin B12 0.6 mcg	2.5 Chicken Breasts	\$3.74	355
Calcium (shake mix without milk) 300 mg	1.5 cups Frozen Yogurt	\$2.63	390
Magnesium 120 mg	1.5 cups Bran Flakes	\$0.35	192
Vitamin B6 0.6 mg	18 oz Tomato Juice	\$1.26	93
Folic Acid 120 mcg	1.5 cups Shredded Romaine Lettuce	\$1.79	12
Zinc 4.5 mg	5 oz Cheddar Cheese	\$3.68	565
Niacin 6 NE	3 cups Cooked Lima Beans	\$3.24	570
Pantothenic Acid 2.5 mg	15 slices Whole Wheat Bread	\$0.94	975
Riboflavin 0.5 mg	20 spears of Asparagus	\$3.99	20
Selenium 0.02 mg	1 cup Brown Rice	\$0.82	216
Copper 0.6 mg	2 cups Sliced Mushrooms	\$4.98	30
Chromium 0.02 mg	30 Apples	\$27.00	1,900
Manganese 1 mg	5 cups Chopped Celery (~10 stalks/whole)	\$16.90	70
Molybdenum 0.021 mg	3.5 Medium Tomatoes	\$5.25	77
Fiber 2g	¾ cups of Brussels Sprouts	\$2.26	50
	<b>Total</b>	<b>\$86.25</b>	<b>6,010</b>

• Visalus encourages healthy eating habits, please refer to our meal plan and product guide.  
• We do not recommend substituting the shake for healthy fruits and vegetables.