Body by Vi CHALLENGE | Vi-Shape®

NUTRIENT AND CALORIE | COMPARISON



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
		Total	**$86.25**	**6,010**

• 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.

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ViSalus™

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