

DISCLAIMER:
This table is for comparative purposes only. It is not to be misconstrued as an endorsement of any of the products below. All information was taken directly from the packaging of each product.

	Slim Fast Optima (powder mix)		Slim Fast Optima (ready to drink)		Slim Fast Easy to Digest		Shaklee Cinch (mix packets)			
Serv. Size:	26 g		325mL		325mL		48g			
Servings Per Container	14		1		1		14			
Contains Lactose	Yes		Yes		No		No			
	Amount per serving		Amount per serving		Amount per serving		Amount per serving			
	with 8 fl oz						with 8 fl oz			
	Powder Alone	Fat-Free Milk					Powder Alone	Fat-Free Milk		
Calories (Energy)	100	190	190		180		180	270		
Calories from Fat	30	80	50		45		25	30		
	%Daily Value*		%Daily Value*		%Daily Value*		%Daily Value*			
Total Fat	3g	5%	5%	6g	9%	5g	8%	3g	3%	5%
Saturated Fat	0.5g	3%	4%	2.5g	13%	1g	5%	0.5g	3%	3%
Polyunsaturated Fat	0.5g			0.5g		1g		0.5g		
Monounsaturated Fat	2g			3g		3g		1.5g		
Cholesterol	0mg	0%	2%	5mg	2%	5mg	1%	0mg	0%	0%
Sodium	120mg	5%	10%	200mg	8%	200mg	8%	370mg	15%	20%
Potassium	260mg	7%	18%	600mg	17%	500mg	14%	400mg	11%	22%
Total Carbohydrate	18g	6%	10%	25g	8%	26g	9%	23g	8%	13%
Dietary Fiber	4g	16%	16%	5g	20%	3g	14%	6g	24%	24%
Sugars	6g			18g		21g		15g		
Protein	2g	4%	20%	10g	20%	10g	20%	16g	32%	49%
Vitamin A		15%	25%		35%		35%		10%	20%
Calcium		20%	50%		50%		50%		35%	60%
Vitamin D		25%	50%		35%		45%		35%	60%
Vitamin K		25%	25%		25%		25%		0%	0%
Riboflavin		10%	30%		35%		35%		35%	60%
Vitamin B6		30%	35%		35%		50%		35%	40%
Vitamin B12		35%	50%		35%		50%		35%	50%
Pantothenic Acid		40%	50%		35%		35%		35%	45%
Iodine		10%	35%		35%		35%		35%	35%
Zinc		30%	35%		15%		15%		35%	40%
Manganese		35%	35%		35%		35%		35%	35%
Molybdenum		35%	35%		30%		30%		35%	35%
Vitamin C		45%	45%		100%		100%		35%	35%
Iron		30%	30%		15%		15%		25%	25%
Vitamin E		100%	100%		100%		100%		35%	35%
Thiamin		25%	30%		35%		35%		35%	35%
Niacin		50%	50%		35%		35%		35%	35%
Folate		25%	25%		30%		30%		35%	40%
Biotin		50%	50%		35%		35%		35%	35%
Phosphorus		10%	35%		50%		50%		35%	60%
Magnesium		25%	30%		35%		35%		35%	40%
Selenium		25%	35%		25%		25%		35%	45%
Chromium		35%	35%		35%		35%		80%	35%
Copper		10%	10%		0%		0%		35%	80%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.