



**See how the Vi-Shape® Nutritional Shake Mix stacks up against the nutrition found in everyday foods.**

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

**Simple  
Nutritious  
Delicious**

## ViSalus Vi-Shape® Nutrient and Calorie Comparison

<b>1 Serving Vi-Shape® Nutritional Shake Mix in milk</b> (Shake mix = \$1.50)		<b>\$1.85</b>	<b>170</b>
<b>Equivalent nutrients for 1 Serving of Vi-Shape® as found in everyday foods</b>		<b>\$102.94</b>	<b>8,674</b>
<b>Vi-Shape® Shake Nutrients</b>	<b>Food Equivalents</b>	<b>Food Retail Price</b>	<b>Food Calories</b>
Vitamin E	1.5 cups Chopped Broccoli	\$1.48	46
Vitamin D & Protein	13 Whole Eggs	\$2.38	1,014
Vitamin A	5 Medium Peaches	\$4.00	190
Vitamin B12	2.5 Chicken Breasts	\$3.74	355
Calcium (Shake mix without milk)	1.5 cups Frozen Yogurt	\$2.63	390
Magnesium	1.5 cups Bran Flakes	\$0.35	192
Vitamin B6	18 oz. Tomato Juice	\$1.26	93
Folic Acid	1.5 cups Shredded Romaine Lettuce	\$1.79	12
Zinc	5 oz. Cheddar Cheese	\$3.68	565
Niacin	3 cups Cooked Lima Beans	\$3.24	570
Pantothenic Acid	15 Slices Whole Wheat Bread	\$0.94	975
Riboflavin	20 Spears of Asparagus	\$3.99	20
Selenium	1 cup Brown Rice	\$0.82	216
Copper	2 cups Sliced Mushrooms	\$4.98	30
Chromium	30 Apples	\$27.00	1,900
Manganese	5 cups Chopped Celery (~10 stalks/whole)	\$16.90	70
Molybdenum	3.5 Medium Tomatoes	\$5.25	77
Digestive Enzymes	3 Pineapples	\$11.97	1,359
Fiber	30 Prunes	\$6.54	600
<b>Total</b>		<b>\$102.94</b>	<b>8,674</b>