

Protein Shake Comparison

	Contains Milk?	Protein	Sugar	Calories	Vit A	Vit C	Calcium	Vit D	Vit E	Vit B6	Vit B12	COST	QUANTITY
Muscle Milk (Pro Series)	No	40 g	1 g	200	25%	25%	50%	25%	25%	25%	25%	\$30 to \$45	12
Premier Protein	Yes	30 g	1 g	160	25%	25%	50%	25%	25%	25%	25%	\$15 to \$30	12
Lean Body RTS	Yes	40 g	0 g	280	25%	25%	40%	25%	25%	25%	25%	\$35 50 \$40	12
Atkins Protein	Yes	15 g	1 g	160	0%	15%	40%	10%	20%	20%	20%	\$15 to \$30	12
Ensure High Protein	Yes	16 g	4 g	160	30%	100%	30%	120%	90%	30%	30%	\$30 to \$40	24
Ensure Max Protein	Yes	30 g	1 g	150	25%	60%	60%	25%	50%	25%	20%	\$30 to \$45	12
Pure Protein	????	35 g	1 g	160	0%	0%	100%	????	????	????	????	\$26 to \$40	12
Gatorade Recover Protein	????	20 g	22 g	270	0%	0%	50%	????	????	????	????	\$36 to \$50	12

smajourney51