

Comparison of Standard Process Shake Powders

Veg-E Complete Pro plant-based powders are a unique alternative to other products on the market. But how do they compare to our other supplements?

PROTEIN POWDER SHAKES			
Product	Veg-E Complete Pro™ Chocolate	Veg-E Complete Pro™ Vanilla	Whey Pro Complete
	     	     	
Protein Source	Organic peas, pumpkin seeds, and sesame seeds	Organic peas, pumpkin seeds, and sesame seeds	Whey
Protein Grams (g) per serving	15 g	15 g	15 g
Calories	160	130	80
Fiber	3 g	1.5 g	†
Calcium	60 mg	30 mg	40 mg
Sugars	4 g	4 g	1 g
Iron	5 mg	5 mg	†
Potassium	575 mg	200 mg	†
Servings per Container	18	18	25

GENERAL NUTRITION GREEN POWDER SHAKES				
Product	SP Complete®	SP Complete® Dairy Free	SP Complete® Chocolate	SP Complete® Vanilla
	  	  	  	  
Protein Source	Whey and rice	Rice	Whey and rice	Whey and rice
Protein Grams (g) per serving	10 g	10 g	10 g	10 g
Ingredients Grown on the Standard Process Certified Organic Farm	 Buckwheat, Brussels sprouts, kale, alfalfa	 Buckwheat, Brussels sprouts, kale, alfalfa	 Buckwheat, Brussels sprouts, kale, alfalfa	 Buckwheat, Brussels sprouts, kale, alfalfa
Calories	90	107	140	120
Fiber	2 g	4 g	3 g	2 g
Calcium	200 mg	200 mg	200 mg	200 mg
Sugars	†	†	<1 g	<1 g
Iron	0.5 mg	1 mg	2 mg	0.5 mg
Potassium	†	†	†	†
Servings per Container	30	30	23	23

†Amount not claimed

 Included in Standard Process Purification Program

 Vegetarian