

ARBONNE ~ Protein Comparison

	Arbonne	Shakeology	Shakeology	Herbalife	Body by Vi	Melaleuca	Melaleuca	Amway	Advocare
									
Price	\$65.00 (PC \$52, Consultant \$42.25)	\$120.00	\$130.00	\$ 35.00	\$50.00	\$24.50	\$ 24.00	\$34.85	\$39.95
Price Per serving	\$2.16 (PC \$1.73, Consultant \$1.41)	\$4.00	\$4.33	\$1.17	\$1.67	\$1.63	\$2.40	\$0.97	\$2.85
Serving Size	2 scoops	1 scoop	1 scoop	2 scoops	2 scoops	2 scoops	1 scoop	1 scoop	1 pkg
Servings per Container	30	30	30	30	30	15	10	36	14
Flavor/Formula Compared	Vanilla	Chocolate	Chocolate/Vegan	Vanilla/Allergen Free	Vanilla	Vanilla/ProFlex20	Chocolate/Attain	No Flavor	Vanilla
Calories	160	150	170	100	90	150	110	45	220
Protein	20g	18g	16g	9g	12g	20g	10g	10g	24g
Type of Protein	Pea, cranberry, rice	Whey	Pea, brown rice	Pea, sesame, rice	non-GMO soy protein	Whey	whey/soy blend	Soy & milk protein	Whey
Total Fat	3g	1g	3g	2g	1g	4.5g	3.5g	<.5g	3g
Saturated Fat	0g	0g	1g	0g	0g	1g	.5g	0g	1g
Carbs	14g	17g	22g	13g	7g	11g	10g	1g	24g
Sugar	9g	9g	9g	10g	<1g	2g	2g	0g	12g
Gluten Free	YES	YES	NO	YES	NO	YES	NO	NO	NO
Sweetener	Sugar Cane, Stevia Leaf extract	Non-GMO fructose, Stevia	Stevia, Taploca	Fructose	Sucralose	Sucralose	Sucralose	None	Fructose
Vegan	YES	NO	YES	YES	KOSHER	KOSHER	KOSHER	NO	NO
Contains Soy/Lactose	NO	YES	NO	NO	YES	YES	YES	YES	YES

- Arbonne includes other supplements, (i.e. flaxseed, CoQ10) that most other protein powders do not. Paired with the Arbonne Essentials Fiber Boost you have a healthy meal replacement (see recipes attached).
- Amino acid content per serving is: Alanine 880 mg Arginine 1,820 mg Aspartic Acid 2,500 mg Cysteine 220 mg Glutamic Acid 4,006 mg Glycine 820 mg Histidine 540 mg Isoleucine 940 mg Leucine 1,740 mg Lysine 1,540 mg Methionine 240 mg Phenylalanine 1,120 mg Proline 880 mg Serine 1,120 mg Threonine 780 mg Tryptophan 200 mg Tyrosine 780 mg Valine 1,004 mg
- Arbonne protein shakes are not made with soy protein or with whey protein, which people have difficulty digesting. Plant based proteins offer benefits of protein recovery without hormones/toxins, which can be found in animal based proteins. Each Arbonne shake contains 20 grams of protein from vegan botanical sources, including cranberry, pea and rice proteins. The less familiar cranberry seed protein source provides amino acids, omega-3 and omega-6 essential fatty acids, antioxidants, fiber, flavonoids, amino acids, potassium, calcium and iron.
- The Benefits of rice and pea protein ~ If done right, the combination of rice and pea protein actually provides one of the best tasting protein concentrates available. Rice protein is high in cysteine and methionine, but tends to be low in lysine. Yellow pea protein, on the other hand, tends to be low in the sulfur containing amino acids, cysteine and methionine -- but high in lysine. When used in combination, rice protein and yellow pea protein offer a Protein Efficiency Ratio that rivals dairy and egg -- but without their potential to promote allergic reactions.