

Comparison of Meal Replacement Drinks

	Ample Foods	100%FOOD	Super Body Fuel	Super Body Fuel	Boost	Ensure	Ensure	Ensure	Ensure	Ensure	Ensure	Ensure	SlimFast
Formula	Original (400 cal)	Low Carb	Milk Fuel	Athlete Fuel	High Protein	Original	High Protein	Plus	Max Protein	Enlive Advanced	Clear	Original	
Ready to drink	With Water	With Water	With 2 Cups of Whole Milk	With 2 Cups of Whole Milk	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Calories	400	670	200	330	240	220	160	350	150	350	180	180	180
Protein	26g	50g	8g	32g	20g	9g	16g	13g	30g	20g	8g	10g	10g
Fat	22g	22g	3.5g	5g	6g	6g	2g	11g	1.5g	11g	0g	5g	5g
Carbohydrates	24g	67g	35g	39g	28g	33g	19g	50g	6g	45g	37g	25g	25g
Sugar	4g	26g	0g	0g	15g	15g	4g	20g	1g	22g	18g	19g	19g
Artificial Ingredients	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Non-GMO	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Protein Source	Grass-fed Whey, Grass-fed Collagen	Whey and/or Soy	Oats	Oats, Brown Rice	Whey, Casein	Whey, Caseine, Soy	Whey, Caseine, Soy	Whey, Caseine, Soy	Whey, Casein	Whey, Casein	Whey	Whey, Casein	Whey, Casein
Fat Source	Coconut Oil, High Oleic Sunflower Oil, Macadamia Nut Oil, Sunflower Lecithin	Flax Seed, Hemp Seed, Sesame Seed	Added milk	Added milk	Canola Oil, Sunflower Oil, Corn	Canola Oil	Canola Oil	Canola Oil, Corn	Sunflower Oil	Canola Oil	N/A	Soy Lecithin	Soy Lecithin
Micronutrient Density	★★★★	★★	★★	★★	★	★	★	★	★	★★★★	★	★	★
Vitamin Density	★★★	★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★	★★★★★	★★★★★
Probiotics	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No
Gluten-free	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Rating	5	3	4.5	4.5	3	2	2	2	2	2	1	1	1
Unit price	\$39.00	N/A	\$25.00	\$50.00	\$24.48	\$34.99	\$39.96	\$49.99	\$29.97	\$31.29	\$23.97	\$13.58	\$13.58
Cost per 100 kcal	\$1.63	N/A	\$0.63	\$0.76	\$0.43	\$0.66	\$1.04	\$0.60	\$1.67	\$0.56	\$1.11	\$0.63	\$0.63