









# Protein Comparison Chart

	Garden of Life	Lean Body	Orgain	Raw Fusion	Shakeology	Sun Warrior	U.S. Enzymes	Vega One
Serving Size	31 grams	40 grams	46 grams	30 grams	35 grams	25 grams	26 grams	41 grams
Calories	110	150	150	116	130	100	100	160
Fat	2.5 grams	3 grams	4 grams	< 1 gram	2 grams	1 gram	2.5 grams	5 grams
Sodium	180 mg	150 mg	180 mg	188 mg	200 mg	348 mg	110 mg	240 mg
Carbohydrates	2 grams	6 grams	15 grams	5 grams	14 grams	3 grams	7 grams	10 grams
Sugars	0 grams	3 grams	5 grams **	1 gram	7 grams	0 grams	1 gram	1 gram
Fiber	1 gram	3 grams	5 grams	1 gram	3 grams	1 gram	3 grams	6 grams
Protein	22 grams	25 grams	21 grams	21 grams	16 grams	17 grams	14 grams	20 grams
AstraZyme™	NO / 13	NO	NO	NO	NO / 6	NO	YES	NO / 1
Probiotics cfu	3 / 3 billion	NO	NO	NO	1 / ?	NO	4 / 2 billion	1 / ?
Superfoods	NO	NO	NO	NO	YES	NO	YES	YES
Taste								
Artificial Sweeteners	NO	NO	NO	NO	NO	NO	NO	NO
Gluten/Soy/Dairy Free	YES	NO / milk, soy	NO /milk	YES	NO / milk	YES	YES	YES
Allergen Free Facility	NO / ? *	NO / 1	NO / 3	NO / 7	NO / 8	NO / 2	YES	NO / 4
Top 3 Ingredients	Organic Pea Organic Brown Rice Organic Amaranth	Whey Sunflower Oil Inulin	Organic Pea Organic Brown Rice Organic Chia Seed	Pea Isolate Rice Isolate Artichoke	Whey Pea Flax Seed	Organic Pea Organic Hemp Organic Goji	Organic Pea Organic Pumpkin Organic Hemp	Pea Flax Pea Starch
Price Per Serving	\$1.80	\$2.06	\$1.50	\$1.07	\$4.33	\$1.27	\$1.94	\$2.75
Green Score	<b>10</b> (*recalls)	<b>3</b>	<b>6</b> (** erythritol)	<b>8</b>	<b>4</b>	<b>9</b>	<b>14</b>	<b>7</b>