



# Zija Meal Replacement Shake – Comparison Chart



	Zija Meal Replacement	Isagenix Isalean	Visalus Vi-Shape	eXfuze Shapeway	Herbalife Healthy meal	Monavie RVL	Melaleuca Proflex 20
Flavor	Dutch Chocolate	Chocolate		Vanilla	Dutch Chocolate	Chocolate Berry	Dutch Chocolate
Fat (g)	1	6	1	3.5	1	4	5
Saturated Fat (g)	0	1	0	3	0	1.5	1.5
Sodium (mg)	0	190	75	57	135	180	170
Sugar (g)	4	15	<1	1	9	7	2
Carbohydrates (g)	6	26	7	13	13	29	9
Fiber (g)	3	4	5	5	3	12	5
Cholesterol (mg)	0	30	15	0	0	40	10
Protein (g)	20	23	12	15	9	13	20
Calories	93	240	90	116	90	190	150
Soy	NO	YES	YES	NO	YES	YES	YES
Artificial Sweeteners, Flavors or Colors	NO	NO	YES	NO	YES	NO	YES
Moringa *	YES	NO	NO	NO	NO	NO	NO

## 100% Organic Moringa

\*Moringa is nature's miracle tree, it's packed with the cell-ready vitamins, nutrients, minerals, omega oils, amino acids, antioxidants, and vital proteins needed for a healthy body.

Vitamins – Vitamins A (Alpha and Beta Carotene), B, B1, B2, B3, B5, B6, B12, C, D, E, K, Folic Acid, Biotin and more

Minerals – Calcium, Chloride, Chromium, Copper, Fluorine, Iron, Manganese, Magnesium, Molybdenum, Phosphorus, Potassium, Sodium, Selenium, Sulfur, Zinc,

All 8 Essential Amino Acids – Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine

10 Additional Amino Acids – Alanine, Arginine, Aspartic Acid, Cystine, Glutamine, Glycine, Histidine, Proline, Serine, Tyrosine

For complete nutrition information consult product labels.

This chart information was obtained in May 2012 from product nutritional labels provided on third-party product websites.

Statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. The information contained in this comparison is from source materials deemed reliable and are subject to change. Zija makes no guarantees as to their accuracy. This data is provided for illustrative purposes only.

**Gram for gram, fresh Moringa leaves contain**

- 4x Calcium of Milk
- 4x Vitamin A of Carrots
- 2x Protein of Yogurt
- 3x Potassium of Bananas
- 7x Vitamin C of Oranges