

WaiFIT Meal Replacement

Product Comparison

Product	waiFIT	Special K Protein	Slim Fast	Carnation	Ensure	Boost
Flavor	<i>Dutch Chocolate</i>	<i>Milk Chocolate</i>	<i>Extra Creamy Chocolate</i>	<i>Milk Chocolate RTD</i>	<i>Creamy Milk Chocolate</i>	<i>Chocolate</i>
Calories	210	190	190	260	230	240
Calories from Fat	30	45	45	50	50	50
Trans Fat	0 g	0 g	0 g	0 g	0 g	0 g
Cholesterol	0 mg	10 mg	10 mg	10 mg	5 mg	10 mg
Dietary Fiber	5 g	5 g	5 g	1 g	1 g	0 g
Sugar	15 g	18 g	13 g	39 g	21 g	27 g
Protein	20 g	10 g	15 g	14 g	12 g	15 g
Soy Protein	<input checked="" type="checkbox"/> (non-GMO)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	?	<input checked="" type="checkbox"/>	?
Whey Protein	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	?	?	?	?
Milk Protein	<input checked="" type="checkbox"/>	?	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	?	<input checked="" type="checkbox"/>
Rice Protein	<input checked="" type="checkbox"/>	?	?	?	?	?
Vitamin A	35%	35%	35%	45%	25%	20%
Thiamin	40%	35%	35%	25%	25%	25%
Riboflavin	35%	35%	35%	25%	25%	25%
Niacin	35%	35%	35%	25%	25%	25%
Folate	45%	30%	30%	25%	25%	35%
Vitamin B6	35%	35%	35%	25%	25%	35%
Vitamin B12	35%	35%	35%	25%	25%	35%
Pantothenic Acid	35%	35%	35%	25%	25%	25%
Vitamin C	35%	100%	100%	50%	50%	100%
Vitamin D	35%	35%	35%	25%	25%	20%
Vitamin E	40%	100%	100%	25%	40%	100%
Calcium	20%	35%	50%	50%	30%	35%
Magnesium	40%	30%	35%	30%	25%	25%
Manganese	40%	35%	35%	25%	60%	35%
Iron	60%	15%	15%	25%	25%	25%
Copper	20%	?	?	25%	25%	25%
Phosphorous	50%	35%	50%	50%	25%	30%
Zinc	20%	15%	15%	25%	25%	30%
Inulin	<input checked="" type="checkbox"/>	?	?	?	?	?
Creatine	<input checked="" type="checkbox"/>	?	?	?	?	?
Fructooligosaccharides	<input checked="" type="checkbox"/>	?	?	?	?	?
Lactobacillus Acidophilus	<input checked="" type="checkbox"/>	?	?	?	?	?
Sweetening Agent	Fructose & GRAS Stevia	Sucralose	Nutritive & non-nutritive sweeteners	Sucralose	Sucrose	Sugar
Gluten-Free	<input checked="" type="checkbox"/>	?	?	?	<input checked="" type="checkbox"/>	?