

daily indulge™ MEAL REPLACEMENT NUTRITIONAL PROTEIN SHAKE

OptimALL Nutrition™ daily indulge™ is a mouthwatering formulation of body-beneficial ingredients including a proprietary formulation that maximizes protein delivery and absorption. Scientifically formulated to support your body's nutritional needs.*



	daily indulge™	Shakeology	USANA Nutrimeal	Pharmanex	Amway Nutrilite	Xango Favao	SlimFast	ViSalus V-Shape	Muscle Milk Light
Cost Per Serving	\$2.14	\$3.99	\$3.67	\$3.45	\$2.90	\$2.66	\$1.50	\$1.50	\$1.43
Calories	120	140	230	160	140	100	180	90	100
Calories w/ Skim Milk	200	220	310	240	n/a	180	260	170	n/a
Sodium (mg)	180	100	260	180	200	380	200	75	115
Carbohydrates (g)	16	17	33	21	15	9	24	7	6
Fiber (g)	7	3	8	8	3	2	5	5	<1
Sugar (g)	5	9	19	6	11	3	17	<1	1
Protein	14	17	15	15	15	13	10	12	12
Artificial Flavor	No	No	No	No	No	No	Yes	Yes	Yes
Artificial Sweetener	No	No	No	Yes	Yes	No	Yes	Yes	Yes
PWRProtein™	Yes	No	No	No	No	No	No	No	No
Calor-E-Control™	Yes	No	No	No	No	No	No	No	No
Digestwel™	Yes	No	No	No	No	No	No	No	No

Optimal Nutrition PWRProtein™

Whey protein: Isolate and Hydrosolate

- Enzymatically predigested for maximum speed of absorption*
- Supports recovery and adaptation to stress (exercise)*
- A great supplement after intense workouts*
- Efficient nutrient delivery to muscle tissues*
- Highly bioavailable for immediate usability*
- Contains high concentration of branched-chain amino acids (BCAAs)*
- Nutritionally helps return the post-workout body from a catabolic (muscle-wasting) state to an anabolic (muscle building) state*

Optimal Nutrition Calor-E-Control™ Fibersol®-2 Digestion Resistant Maltodextrin

- One serving provides over 25% of your minimum daily intake of dietary fiber*
 - Creates the smooth milk shake feel consistency without the added calories*
- ### Sunflower Oil Creamer
- Natural creamer that aids in feeling fuller, longer*
 - Provides vitamin E properties which are popular as antioxidants*
 - Believed to strengthen immunity*
 - Promotes healthy skin and eyes*

Optimal Nutrition DigestWel™

Papain

- Helps the body breakdown compounds into more readily accessible nutritional units, especially protein*

Bromelain

- Thought to help support a healthy inflammatory response*
- Helps with the digestion of proteins*
- May help boost immunity*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.