

Comparison of Meal/Protein Shakes for Kids

All amounts compare the shakes being completely mixed and ready to drink. The Vanilla flavor was used for all products.

	Shaklee Meal Shakes®	Herbalife Kids™ Shakes	PediaSure® w/Fiber	PediaSure® Sidekicks	BOOST® Kid Essentials
Guarantee?	Unconditional 100% money back	30-day Money Back	none stated	none stated	none stated
Calories per Serving	240 (w/ lowfat milk)	200 (w/2% milk)	240	150	240
Fiber	3 g soluble	3 g	3 g	3 g	0 g
Protein (source)	15 g (Mix: nonfat dry milk)	14 g (Mix: isolated soy protein & whey protein concentrate)	7 g (milk protein concentrate & soy protein isolate)	7 g (milk protein concentrate & soy protein isolate)	7 g (sodium Caseinate & whey protein concentrate)
Fat	5.3 g	4.8 g	9 g	5 g	9 g
Sugar (form)	16 g (fructose only)	11 g (fructose & sugar)	18 g (sugar)	17 g (sugar)	25 g (sugar)
Artificial Ingredients	No	Yes (preservatives)	Yes	Yes	Yes
Synthetic vitamin forms	No	unsure	Yes	Yes	Yes
L-Carnitine	-	-	4 mg	-	4.1 mg
Inositol	-	-	20 mg	-	20 mg
Taurine	-	-	18 mg	-	22 mg
Sodium	180 mg	180 mg	90 mg	90 mg	180 mg
Potassium	596 mg	696 mg	310 mg	390 mg	270 mg
Vitamins	% US RDA				
A	35%	30%	10%	10%	15%
D	35%	50%	40%	40%	40%
E	35%	20%	20%	20%	25%
K	-	-	20%	20%	10%
Thiamin (B1)	35%	25%	40%	40%	45%
Riboflavin (B2)	35%	45%	30%	30%	30%
B6	35%	25%	30%	30%	30%
B12	35%	40%	25%	25%	25%
Niacin	35%	20%	10%	10%	20%
Folate or Folic Acid	35%	25%	15%	15%	25%
Pantothenic Acid	35%	30%	25%	25%	25%
Biotin	35%	20%	15%	15%	25%
C (Ascorbic Acid)	35%	20%	40%	40%	50%
Choline	-	-	15%	15%	103 mg
Minerals	% US RDA				
Chloride	10%	-	8%	8%	6%
Calcium	50%	50%	25%	25%	30%
Phosphorus	35%	45%	20%	20%	20%
Magnesium	35%	15%	10%	10%	10%
Iodine	35%	-	15%	15%	20%
Manganese	35%	-	20%	20%	25%
Copper	35%	-	10%	10%	10%
Zinc	35%	30%	10%	10%	20%
Iron (form)	35% (ferrous fumarate)	10% (ferrous fumarate)	15% (ferrous sulfate)	15% (ferrous sulfate)	15% (ferrous sulfate)
Selenium	35%	-	10%	10%	15%
Chromium	35%	-	10%	10%	15%
Molybdenum	35%	-	10%	10%	15%