## What Shake is for you?

Isagenix offers a superfood smoothie that's perfectly suited just for you. From a balanced nutritious meal to a high-quality protein boost, this chart will guide you to a personalised choice based on your preferences.

[	Nutritious meal			<b>Protein Boost</b>
	<b>IsaLean</b> ™ Shake	IsaLean Shake Plant-Based Protein	IsaLean PRO Shake	IsaPro™ Whey Protein
Calories	240	250	280	90
Protein	<b>24</b> g	24 g	<b>36</b> g	<b>18</b> g
Added sugar	<b>5/6</b> g	<b>6 g</b>	<b>4/5</b> g	<b>1</b> g
Protein Type	<b>Figh Quality Dairy*</b>	<b>F</b> High Quality Plant Protein *	High Quality Dairy*	High Quality Dairy *
	V/M Vitamins & Minerals	Vegan	V/M Vitamins & Minerals	

\* Our high quality dairy protein is made with undenatured whey from Grass-Fed Cows
\* Our high quality plant protein is made with whole grain brown rice and pea protein