

<b>Comparison of Vive to Shakeology</b>		
	<b>Shakeology</b>	<b>Vive</b>
Yellow Hi-lite is a negative		
Cost per meal	\$4.33	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	no	No
Contains Artificial sweeteners	no	no
Contains B12 as Cynocobalamine (hard to absorb)	Yes	no
Cholesterol	no	no
Artificial flavors	no	no
Fructose sweetener	Yes	no
Maltodextrin (corn could be GMO)	no	No
Contains soy	no	No
Preservatives	No	No
High in sugar	no	no
<b>Nutritional Completeness</b>		
Whole food based	Yes	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	yes	yes
Inositol	yes	yes
Pantothenic acid	yes	yes
Natural Vitamin C	yes	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	yes	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	yes	yes
Probiotics	yes	yes
Naturally Occurring Antioxidants	yes	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	Yes	Yes
blood sugar support herbs	Yes	Yes
fat metabolizing herbs	Yes	Yes

metabolic boosting herbs	Yes	Yes
Hunger blocker (soluble fiber)	Yes	Yes

<b>Comparison of Vive to Body by Vi</b>		
	<b>Body by Vi</b>	<b>Vive</b>
Yellow Hi-lite is a negative		
Cost per meal	\$4.15	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	yes	No
Contains Artificial sweeteners	yes	no
Contains B12 as Cynocobalamine (hard to absorb)	yes	no
Cholesterol	yes	no
Artificial flavors	yes	no
Fructose sweetener	yes	no
Maltodextrin (corn could be GMO)	yes	No
Contains soy	yes	No
Preservatives	no	No
High in sugar	no	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	no	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	no	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes
metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	no	Yes

Comparison of Vive to Herbalife Healthy Meal		
	Herbalife	Vive
Yellow Hi-lite is a negative	Healthy Meal	
Cost per meal	\$1.17	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	yes	No
Contains Artificial sweeteners	no	no
Contains B12 as Cynocobalamine (hard to absorb)	yes	no
Cholesterol	no	no
Artificial flavors	yes	no
Fructose sweetener	yes	no
Maltodextrin (corn could be GMO)	yes	No
Contains soy	yes	No
Preservatives	no	No
High in sugar	no	no
<b>Nutritional Completeness</b>		
Whole food based	not really	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	no	yes
Vitamin K	no	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	yes	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes

metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	no	Yes

Comparison of Vive to Accelerade Protein Powered Sports Drink			
	Accelerade	Vive	
Yellow Hi-lite is a negative			
Cost per meal	\$0.96	\$2.67	
<b>NEGATIVES</b>			
Isolated or Synthetic Nutrient Base (lacking real food)	Yes	No	
Contains Artificial sweeteners	no	no	
Contains B12 as Cynocobalamine (hard to absorb)	no does not have B12	no	
Cholesterol	Yes	no	
Artificial flavors	no	no	
Fructose sweetener	Yes	no	
Maltodextrin (corn could be GMO)	Yes	No	
Contains soy	yes	No	
Preservatives	no	No	
High in sugar	yes	no	
Food colorings	yes	no	
<b>Nutritional Completeness</b>			
Whole food based	no	Yes	
Vitamin A	no	yes	
B1	no	yes	
B2	no	yes	
B3	no	yes	
B6	no	yes	
Folate	no	yes	
B12	no	yes	
Choline	no	yes	
Inositol	no	yes	
Pantothenic acid	no	yes	
Natural Vitamin C	no	yes	
Vitamin D3 (may have Vitamin D which is not as absorbable)	no	yes	
Natural Vitamin E	no	yes	
Vitamin K	no	yes	
Calcium	yes	yes	
Magnesium	yes	yes	
Potassium	yes	yes	
Selenium	no	yes	
Trace minerals	no	yes	
Enzymes	no	yes	
Prebiotics	no	yes	
Probiotics	no	yes	
Naturally Occurring Antioxidants	no	yes	
Fiber	no	yes	
blood sugar support herbs	no	Yes	
fat metabolizing herbs	no	Yes	
metabolic boosting herbs	no	Yes	

Comparison of Vive to Advocare Meal Replacement		
	Advocare	Vive
Yellow Hi-lite is a negative	Meal Replacement	
	Shake Chocolate	
Cost per meal	\$2.85	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	yes	No
Contains Artificial sweeteners	yes	no
Contains B12 as Cynocobalamine (hard to absorb)	yes	no
Cholesterol	yes	no
Artificial flavors	yes	no
Fructose sweetener	yes	no
Maltodextrin (corn could be GMO)	yes	No
Contains soy	yes	No
Preservatives	no	No
High in sugar	yes	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	yes	yes
Inositol	yes	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	no	yes
Vitamin K	no	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes
metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	yes	Yes

Comparison of Vive to Advocare Spark Energy Drink Mix		
	Advocare	Vive
Yellow Hi-lite is a negative	Spark	
	Energy Drink Mix	
Cost per meal	\$1.64	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	yes	No
Contains Artificial sweeteners	yes	no
Contains B12 as Cynocobalamine (hard to absorb)	yes	no
Cholesterol	yes	no
Artificial flavors	yes	no
Fructose sweetener	yes	no
Maltodextrin (corn could be GMO)	yes	No
Contains soy	yes	No
Preservatives	no	No
High in sugar	no	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	no	yes
B12	yes	yes
Choline	yes	yes
Inositol	yes	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	no	yes
Natural Vitamin E	no	yes
Vitamin K	no	yes
Calcium	no	yes
Magnesium	no	yes
Potassium	no	yes
Selenium	yes	yes
Trace minerals	yes (not all)	yes
Enzymes	no	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	no	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes
metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	no	Yes
<b>Summary</b>		
It would take several Advocare products to equal the nutritional completeness of Vive!™		



<b>Comparison of Vive to EAS Advantage</b>		
	<b>EAS Advantage</b>	<b>Vive</b>
Yellow Hi-lite is a negative		
Cost per meal	\$1.83	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	Yes	No
Contains Artificial sweeteners	Yes	no
Contains B12 as Cynocobalamine (hard to absorb)	Yes	no
Cholesterol	no	no
Artificial flavors	Yes	no
Fructose sweetener	no	no
Maltodextrin (corn could be GMO)	no	No
Contains soy	yes	No
Preservatives	no	No
High in sugar	no	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	yes	yes
Pantothenic acid	no	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	no	yes
Vitamin K	no	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	no	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	no	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes

metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	no	Yes

<b>Comparison of Vive to EAS Lean</b>		
	<b>EAS Lean</b>	<b>Vive</b>
Yellow Hi-lite is a negative		
Cost per meal	\$1.00	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	Yes	No
Contains Artificial sweeteners	Yes	no
Contains B12 as Cynocobalamine (hard to absorb)	Yes	no
Cholesterol	Yes	no
Artificial flavors	Yes	no
Fructose sweetener	Yes	no
Maltodextrin (corn could be GMO)	Yes	No
Contains soy	yes	No
Preservatives	no	No
High in sugar	no	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	no	yes
Choline	no	yes
Inositol	yes	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	no	yes
Natural Vitamin E	no	yes
Vitamin K	no	yes
Calcium	yes	yes
Magnesium	no	yes
Potassium	yes	yes
Selenium	no	yes
Trace minerals	no	yes
Enzymes	no	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes

metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	yes	Yes

<b>Comparison of Vive to Ensure Nutrition Powder</b>		
	<b>Ensure</b>	<b>Vive</b>
Yellow Hi-lite is a negative		
Cost per meal	\$1.25	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	yes	No
Contains Artificial sweeteners	yes	no
Contains B12 as Cynocobalamine (hard to absorb)	yes	no
Cholesterol	yes	no
Artificial flavors	yes	no
Fructose sweetener	no	no
Maltodextrin (corn could be GMO)	yes	No
Contains soy	yes	No
Preservatives	no	No
High in sugar	yes	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	no	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	no	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	no	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes

metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	no	Yes

Comparison of Vive to Ensure Powder		
	Ensure	Vive
Yellow Hi-lite is a negative		
Cost per meal	\$1.28	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	yes	No
Contains Artificial sweeteners	yes	no
Contains B12 as Cynocobalamine (hard to absorb)	yes	no
Cholesterol	yes	no
Artificial flavors	yes	no
Fructose sweetener	no	no
Maltodextrin (corn could be GMO)	yes	No
Contains soy	yes	No
Preservatives	no	No
High in sugar	yes	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	no	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	no	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	no	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes
metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	no	Yes

Comparison of Vive to Garden of Life Meal Replacement		
	Raw Garden Of Life	Vive
Yellow Hi-lite is a negative	Original	
Cost per meal	\$2.83	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	no	No
Contains Artificial sweeteners	no	no
Contains B12 as Cynocobalamine (hard to absorb)	no	no
Cholesterol	no	no
Artificial flavors	no	no
Fructose sweetener	no	no
Maltodextrin (corn could be GMO)	no	No
Contains soy	yes in Choc and Vanilla	No
Preservatives	no	No
High in sugar	yes	no
<b>Nutritional Completeness</b>		
Whole food based	yes	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	yes	yes
Inositol	yes	yes
Pantothenic acid	yes	yes
Natural Vitamin C	yes	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	Is Vitamin D2	yes
Natural Vitamin E	yes	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	yes	yes
Probiotics	yes	yes
Naturally Occurring Antioxidants	yes	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes



metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	yes	Yes

<b>Comparison of Genesis Pure Complete Shake</b>		
	<b>Complete Shake</b>	<b>Vive</b>
Yellow Hi-lite is a negative		
Cost per meal	\$4.64	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	Yes	No
Contains Artificial sweeteners	No	no
Contains B12 as Cynocobalamine (hard to absorb)	contains no B12	no
Cholesterol	no	no
Artificial flavors	no	no
Fructose sweetener	no	no
Maltodextrin (corn could be GMO)	no	No
Contains soy	yes	No
Preservatives	no	No
High in sugar	no	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	no	yes
B6	yes	yes
Folate	yes	yes
B12	no	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	no	yes
Vitamin K	no	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	yes	yes
Probiotics	yes	yes
Naturally Occurring Antioxidants	yes	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	yes	Yes
blood sugar support herbs	yes	Yes
fat metabolizing herbs	no	Yes

metabolic boosting herbs	yes	Yes
Hunger blocker (soluble fiber)	yes	Yes

<b>Comparison of Vive to GNC Total Lean</b>		
	<b>GNC Total Lean</b>	<b>Vive</b>
Yellow Hi-lite is a negative		
Cost per meal	\$2.25	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	Yes	No
Contains Artificial sweeteners	Yes	no
Contains B12 as Cynocobalamine (hard to absorb)	Yes	no
Cholesterol	Yes	no
Artificial flavors	Yes	no
Fructose sweetener	Yes	no
Maltodextrin (corn could be GMO)	yes	No
Contains soy	yes	No
Preservatives	Yes	No
High in sugar	no	no
Contains Trans Fats	Yes	
<b>Nutritional Completeness</b>		
Whole food based	No	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	no	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes
metabolic boosting herbs	no	Yes

Hunger blocker (soluble fiber)	no	Yes
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<b>Comparison of Vive to Idealshape</b>		
	<b>Idealshape</b>	<b>Vive</b>
Yellow Hi-lite is a negative		
Cost per meal	\$2.26	\$2.67
<b>NEGATIVES</b>	Yes	No
Isolated or Synthetic Nutrient Base (lacking real food)	Yes	no
Contains Artificial sweeteners	Yes	no
Contains B12 as Cynocobalamine (hard to absorb)	Yes	no
Cholesterol	Yes	no
Artificial flavors		no
Fructose sweetener	Yes	No
Maltodextrin (corn could be GMO)	Yes	No
Contains soy	No	No
Preservatives	Yes	no
High in sugar		
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	no	yes
Natural Vitamin E	no	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	yes	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes

metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	yes	Yes

<b>Comparison of Vive to Isagenixs Isalean</b>		
	<b>Isagenixs IsaLean</b>	<b>Vive</b>
Yellow Hi-lite is a negative		
Cost per meal	\$3.71	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	Yes	No
Contains Artificial sweeteners	No	no
Contains B12 as Cynocobalamine (hard to absorb)	Yes	no
Cholesterol	Yes	no
Artificial flavors	no	no
Fructose sweetener	yes	
Maltodextrin (corn could be GMO)	no	no
Contains soy	no	No
Preservatives	no	No
High in sugar	no	No
<b>Nutritional Completeness</b>		
Whole food based	no	yes
Vitamin A	yes	Yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	yes	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	yes	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	Yes	yes
Natural Vitamin E	yes	yes
Vitamin K	no	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	yes	yes
Probiotics	yes	yes



Naturally Occurring Antioxidants	yes	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>		
blood sugar support herbs	no	Yes
fat metabolizing herbs	Yes	Yes
metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	Yes	Yes
Hunger blocker (soluble fiber)	yes	Yes

<b>Overall Comparision of Vive to Isagenixs Isalean</b>	
	<b>Isagenixs IsaLean</b>
Red is a negative	
Black is a positive	
Cost per meal	\$3.71
<b>NEGATIVES</b>	
Iolated or Synthetic Nutrient Base (lacking real food)	Yes
Contains Artifical sweeteners	No
Contains B12 as Cynacobalamin (hard to absorb)	Yes
Cholesterol	Yes
Artificial flavors	no
Contains magnesium stearate	yes
Fructose sweetener	Yes
Maltodextrin (tapioca)	yes
Contains soy	no
Preservatives	no
High in sugar	yes
<b>Nutritional Completeness</b>	
Whole food based	No
Vitamin A	yes
B1	yes
B2	yes
B3	yes
B6	yes
Folate	yes
B12	yes
Choline	no
Inositol	no
Pantothenic acid	yes
Natural Vitamin C	no
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes
Natural Vitamin E	no
Vitamin K	yes
Calcium	yes

Magnesium	yes
Potassium	yes
Selenium	yes
Trace minerals	yes
Enzymes	yes
Prebiotics	yes
Probiotics	yes
Naturally Occuring Antioxidants	no
Fiber	yes
<b>Hebs that support weight loss</b>	no
blood sugar support herbs	Yes
fat metabolizing herbs	no
metabolic boosting herbs	Yes
Hunger blocker (soluble fiber)	yes
Isagenix Isalean is made from high quality ingredients but is not food based.	
Isagenix Isalean is a protein shake with good fiber, higher amounts of sugar and added non food nutrients.	
Contains Magnesium stearate which may have adverse health effects <a href="http://jjvirgin.com/4355/whats-big-deal-magnesium-stearate/">http://jjvirgin.com/4355/whats-big-deal-magnesium-stearate/</a>	

[illegible]

yes
yes
yes
yes
yes
yes
yes
yes
Yes
Yes
Yes
Yes
Yes

Comparison of Vive to Juice Plus Complete Powder		
	Juice Plus Complete Powder Drink	Vive
Yellow Hi-lite is a negative		
Cost per meal	\$1.98	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	no	No
Contains Artificial sweeteners	no	no
Contains B12 as Cynocobalamine (hard to absorb)	? they don't list the type	no
Cholesterol	no	no
Artificial flavors	no	no
Fructose sweetener	Yes	no
Maltodextrin (corn could be GMO)	yes	No
Contains soy	yes	No
Preservatives	No	No
High in sugar	no	no
<b>Nutritional Completeness</b>		
Whole food based	Yes	Yes
Vitamin A	no	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	no	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	yes	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	no	yes
Natural Vitamin E	yes	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	yes	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes
metabolic boosting herbs	no	Yes

Hunger blocker (soluble fiber)	yes	Yes
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Comparison of Vive to Kenzen Vital Balance		
	Kenzen	Vive
Yellow Hi-lite is a negative	Vital Balance	
Cost per meal	\$5.93	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	no	No
Contains Artificial sweeteners	no	no
Contains B12 as Cynocobalamine (hard to absorb)	no	no
Cholesterol	no	no
Artificial flavors	no	no
Fructose sweetener	no	no
Maltodextrin (corn could be GMO)	no	No
Contains soy	no	No
Preservatives	no	No
High in sugar	yes	no
<b>Nutritional Completeness</b>		
Whole food based	yes?	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	yes	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	no	yes
Natural Vitamin E	yes	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	no	yes
Potassium	yes	yes
Selenium	no	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	yes	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes



metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	no	Yes

Comparison of Vive to Mannetech Glycoslim		
	Mannetech Glycoslim	Vive
Yellow Hi-lite is a negative		
Cost per meal	\$2.50	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	yes	No
Contains Artificial sweeteners	no	no
Contains B12 as Cynocobalamine (hard to absorb)	yes	no
Cholesterol	no	no
Artificial flavors	no	no
Fructose sweetener	yes	
Maltodextrin (corn could be GMO)	yes	no
Contains soy	yes	No
Preservatives	yes	No
High in sugar	no	No
	no	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	no	yes
Vitamin K	no	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	no	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes
metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	yes	Yes

Overall Comparison of Vive to Mercola Optimal Whey		
	Mercola	Vive
Yellow Hi-lite is a negative	Optimal Whey	
<b>This is a protein powder mix and does not provide other vitamins or minerals</b>		
Cost per meal	\$2.29	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	yes	No
Contains Artificial sweeteners	no	no
Contains B12 as Cynocobalamine (hard to absorb)	no	no
Cholesterol	yes	no
Artificial flavors	no	no
Fructose sweetener	no	no
Maltodextrin (corn could be GMO)	no	No
Contains soy	no	No
Preservatives	no	No
High in sugar	no	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	no	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	no	yes
B12	yes	yes
Choline	no	yes
Inositol	yes	yes
Pantothenic acid	no	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	no	yes
Natural Vitamin E	no	yes
Vitamin K	no	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	no	yes
Trace minerals	yes (only 3 out of 80+)	yes
Enzymes	yes (only protases to digest protein)	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	no less than 1 g	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes
metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	no	Yes

<b>Comparison of Vive to M'Lis</b>		
The MFG will not provide a complete ingredient list	<b>M'Lis</b>	<b>Vive</b>
Yellow Hi-lite is a negative	Instant Meal	
Cost per meal	\$3.33	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	yes	No
Contains Artificial sweeteners	no	no
Contains B12 as Cynocobalamine (hard to absorb)	has no B12	no
Cholesterol	yes	no
Artificial flavors	no	no
Fructose sweetener	no	no
Maltodextrin (corn could be GMO)	no	No
Contains soy	no	No
Preservatives	no	No
High in sugar	no	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes?	yes
B2	no	yes
B3	yes?	yes
B6	yes?	yes
Folate	yes?	yes
B12	no	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	no	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	yes	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	yes	yes
Probiotics	yes	yes
Naturally Occurring Antioxidants	no	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes

metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	yes	Yes

<b>Comparison of Vive to Optifast</b>		
	<b>Optifast</b>	<b>Vive</b>
Yellow Hi-lite is a negative		
Cost per meal	\$2.78 + doctor visit	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	Yes	No
Contains Artificial sweeteners	Yes	no
Contains B12 as Cynocobalamine (hard to absorb)	Yes	no
Cholesterol	Yes	no
Artificial flavors	Yes	no
Fructose sweetener	Yes	no
Maltodextrin (corn could be GMO)	Yes	No
Contains soy	no	No
Preservatives	Yes	No
High in sugar	yes	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	yes	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	no	yes
Natural Vitamin E	no	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	no	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	no	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes

metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	no	Yes

<b>Comparison of Vive to Shaklee Meal Shakes</b>		
	<b>Shaklee</b>	<b>Vive</b>
<b>Yellow Hi-lite is a negative</b>	<b>Meal Shakes</b>	
Cost per meal	\$1.77	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	yes	No
Contains Artificial sweeteners	no	no
Contains B12 as Cynocobalamine (hard to absorb)	yes	no
Cholesterol	yes	no
Artificial flavors	no	no
Fructose sweetener	yes	no
Maltodextrin (corn could be GMO)	yes	No
Contains soy	yes	No
Preservatives	no	No
High in sugar	yes	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	no	yes
Natural Vitamin E	no	yes
Vitamin K	no	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	no	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes



metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	no	Yes

<b>Comparison of Vive to Slim Fast</b>		
	<b>Slim Fast</b>	<b>Vive</b>
Yellow Hi-lite is a negative		
Cost per meal	\$1.00	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	Yes	No
Contains Artificial sweeteners	Yes	no
Contains B12 as Cynocobalamine (hard to absorb)	Yes	no
Cholesterol	Yes	no
Artificial flavors	Yes	no
Fructose sweetener	Yes	no
Maltodextrin (corn could be GMO)	yes	No
Contains soy	yes	No
Preservatives	yes	No
High in sugar	yes	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	no	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	no	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes
metabolic boosting herbs	no	Yes

Hunger blocker (soluble fiber)	Yes	Yes
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<b>Comparison of Vive to Usana NutriMeal</b>		
	<b>Usana</b>	<b>Vive</b>
<b>Yellow Hi-lite is a negative</b>	<b>Nutrimeal</b>	
Cost per meal	\$3.36	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	yes	No
Contains Artificial sweeteners	no	no
Contains B12 as Cynocobalamine (hard to absorb)	yes	no
Cholesterol	no	no
Artificial flavors	no	no
Fructose sweetener	yes	no
Maltodextrin (corn could be GMO)	yes	No
Contains soy	yes	No
Preservatives	no	No
High in sugar	yes	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	no	yes
Vitamin K	no	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	no	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occurring Antioxidants	yes	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes
metabolic boosting herbs	no	Yes

Hunger blocker (soluble fiber)	yes	Yes
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Overall Comparision of Vive to Usana NutriMeal		
	<b>Usana</b>	<b>Vive</b>
Red is a negative	<b>Nutrimeal</b>	
Black is a positive		
Cost per meal	\$3.36	\$2.67
<b>NEGATIVES</b>		
Iolated or Synthetic Nutrient Base (lacking real food)	yes	No
Contains Artifical sweeteners	no	no
Contains B12 as Cynacobalamin (hard to absorb)	yes	no
Cholesterol	no	no
Artificial flavors	no	no
Fructose sweetener	yes	no
Maltodextrin (corn could be GMO)	yes	No
Contains soy	yes	No
Preservatives	no	No
High in sugar	yes	no
<b>Nutritional Completeness</b>		
Whole food based	no	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	no	yes
Inositol	no	yes
Pantothenic acid	yes	yes
Natural Vitamin C	no	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	no	yes
Vitamin K	no	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes

Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	no	yes
Prebiotics	no	yes
Probiotics	no	yes
Naturally Occuring Antioxidants	yes	yes
Fiber	yes	yes
<b>Hebs that support weight loss</b>	no	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes
metabolic boosting herbs	no	Yes
Hunger blocker (soluble fiber)	no	Yes

<b>Comparison of Vive to Vega One</b>		
	<b>Vega One</b>	<b>Vive</b>
Yellow Hi-lite is a negative		
Cost per meal	\$3.18	\$2.67
<b>NEGATIVES</b>		
Isolated or Synthetic Nutrient Base (lacking real food)	no	No
Contains Artificial sweeteners	no	no
Contains B12 as Cynocobalamine (hard to absorb)	Yes	no
Cholesterol	no	no
Artificial flavors	no	no
Fructose sweetener	no	no
Maltodextrin (corn could be GMO)	no	No
Contains soy	no	No
Preservatives	No	No
High in sugar	no	no
<b>Nutritional Completeness</b>		
Whole food based	Yes	Yes
Vitamin A	yes	yes
B1	yes	yes
B2	yes	yes
B3	yes	yes
B6	yes	yes
Folate	yes	yes
B12	yes	yes
Choline	yes	yes
Inositol	yes	yes
Pantothenic acid	yes	yes
Natural Vitamin C	yes	yes
Vitamin D3 (may have Vitamin D which is not as absorbable)	yes	yes
Natural Vitamin E	yes	yes
Vitamin K	yes	yes
Calcium	yes	yes
Magnesium	yes	yes
Potassium	yes	yes
Selenium	yes	yes
Trace minerals	yes	yes
Enzymes	yes	yes
Prebiotics	yes	yes
Probiotics	yes	yes
Naturally Occurring Antioxidants	yes	yes
Fiber	yes	yes
<b>Herbs that support weight loss</b>	Yes	Yes
blood sugar support herbs	no	Yes
fat metabolizing herbs	no	Yes



metabolic boosting herbs	Yes	Yes
Hunger blocker (soluble fiber)	Yes	Yes