# **Below is a comparison of the Soy Protein and Shaklee 180 Smoothies:**

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# **Soy Protein**

* 1 can = 30 servings (3 T. per serving)
* 14 grams of soy protein

**Shaklee 180 Smoothies:**

* 1 can = 15 servings (use the scoop provided)
* 16 grams of soy protein
* 6 grams of soluble fibre (equivalent to 2 ½ bowls of oatmeal)
* additional leucine to build and preserve lean muscle
* vitamins & minerals to make it equivalent to one meal

