



miessence® COMPLETE PROTEIN COMPETITOR ANALYSIS

Product	Free from added sugars	Free from soy & whey	Free from added synthetic amino acids, vitamins, or minerals	Free from natural or artificial flavours, artificial sweeteners	Certified organic	Complete amino acid profile
Miessence Complete Protein	✓	✓	✓	✓	✓	✓
Amazonia Raw Protein	✓	✓	✓	✓	✓	✓
Garden of Life RAW Protein	✓	✓	✓	✓	✓	?
Sunwarrior Protein	✓	✓	✓	✓	✓	✗
Purium Super Meal L.O.V	✓	✓	✓	✓	✓	✗
Warrior Food by Health Force Nutritionals	✓	✓	✓	✓	✗	✗
Nutiva Hemp Protein	✗	✓	✓	✓	✓	✗
Essante Organics 7.365 pH Shake	✓	✓	✓	✗	✗	?
Vega Sport Performance Protein	✓	✓	✗	✓	✗	✗
Shakeology Beachbody Vegan Version	✗	✓	✓	✓	✗	✗
Aloha Premium Protein	✗	✓	✓	✓	✗	✗

Product	Free from added sugars	Free from soy & whey	Free from added synthetic amino acids, vitamins, or minerals	Free from natural or artificial flavours, artificial sweeteners	Certified organic	Complete amino acid profile
Plant Fusion	✗	✓	✗	✓	✗	✗
ViSalus Vi-Shape	✓	✗	✗	✗	✗	?
Arbonne Essentials Protein Shake Mix	✗	✓	✗	✗	✗	?
No Whey AI Sports Nutrition	✗	✓	✗	✗	✗	?
Qivana Metaboliq Shake	✗	✗	✓	✗	✗	?
Xymogen Fit Food Vegan	✗	✓	✗	✗	✗	✗
Isagenix Isalean Shake	✗	✗	✗	✗	✗	✓
GNC Spirumeal	✗	✗	✗	✗	✗	?
Juice Plus Complete Protein	✗	✗	✗	✗	✗	?
Melaleuca Attain	✗	✗	✗	✗	✗	?
Zeal Advanced Formula	✗	✗	✗	✗	✗	?
Advocare Meal Replacement Shake Vegan	✗	✗	✗	✗	✗	?
Herbalife Formula 1	✗	✗	✗	✗	✗	?



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NOTES

- **Amazonia Raw Protein** – great product! Ticks all the boxes.
- **Garden of Life** – amino acid profile adds up to more than their protein claim on the label. Something's not right!
- **Sunwarrior** – Companies that are claiming that rice protein is a complete protein are using an incorrect amino acid profile. The actual amino acid profile is as defined in the study: Amino Acid Composition of an Organic Brown Rice Protein Concentrate and Isolate Compared to Soy and Whey Concentrates and Isolates. Douglas S. Kalman <http://www.mdpi.com/2304-8158/3/3/394>
- **Purium Super Meal L.O.V** – unknown EEA profile, but as it's based on rice protein, it's unlikely to be a complete protein.
- **Warrior Food by Health Force Nutritionals** – no amino acid profile, made from rice and hemp that are both deficient in lysine – will not be a complete protein.
- **Nutiva Hemp Protein** – 30% sugar! Not a complete protein.
- **Essante Organics** – No essential amino acid profile, not certified organic, added “natural” or artificial flavours.
- **Vega Sport Performance Protein** – not a complete protein, added synthetic amino acids, not organic.
- **Shakeology Vegan** – 20% sugar. Not a complete protein, even though it's based on rice and pea. Not certified organic. Most of the superfoods on the label claim are listed after salt and cinnamon and are therefore in the formula in negligible amounts.
- **Aloha Premium Protein** – 13% sugar, not a complete protein, not certified organic.
- **Plant Fusion** – 6% sugar (fructose), not a complete protein, added synthetic amino acids, not certified organic.
- **ViSalus Vi-Shape** – contains sucralose (artificial sweetener), contains whey & soy, added synthetic vitamins & minerals, added artificial and natural flavours.
- **Arbonne Essentials** – 20% sugar, added synthetic vitamins, or minerals, added “natural” flavors.
- **No Whey** – no amino acid profile, 10% sugar (fructose), added synthetic vitamins and minerals and amino acids, artificial sweeteners, artificial flavours.
- **Qivana Metaboliq Shake** – contains whey, 20% sugar, added natural flavours.
- **Xymogen Fit Food Vegan** – not a complete protein, 15% sugar, added synthetic amino acids, added natural flavours.
- **Isagenix Isalean Shake** – 18% sugar (fructose), contains whey, added synthetic vitamins, or minerals, “natural” or artificial flavours, artificial sweeteners, not certified organic.
- **GNC Spirumeal** – 24% sugar (fructose), no amino acid profile available, contains soy, added synthetic vitamins and minerals, artificial and ‘natural’ flavours.
- **Juice Plus** – 27% sugar, contains soy, added synthetic vitamins, or minerals, “natural” flavors.
- **Melaleuca Attain** – Fructose is the 1st ingredient! (23% sugar), contains whey & soy, added synthetic vitamins and minerals, added natural and artificial flavours and artificial sweeteners (sucralose & acesulfame potassium).
- **Zeal Advanced Formula** – 10% sugar (fructose), contains whey & soy, added synthetic vitamins & minerals, added natural & artificial flavours, added artificial sweeteners.
- **Advocare Meal Replacement Shake Vegan** – 20% sugar (fructose), contains soy, added synthetic vitamins, minerals & synthetic amino acids, added natural flavours.
- **Herbalife Formula 1** – Fructose is 1st ingredient! 32% sugar, artificial flavours, artificial sweeteners (splenda – sucralose) PLUS polydextrose as bulking agent!

