

| | Levana | Ensure | Soylent | Shakeology | Garden of Life | Vega | Orgain |
|------------------------------|---------------|---------------|----------------|-------------------|-----------------------|-------------|----------------|
| Soup Options | 2 | None | None | None | None | None | None |
| Calories | 230 | 220 | 400 | 150 | 120 | 160 | 220 |
| Fat | 13g | 6g | 21g | 3g | 2g | 5g | 5g |
| Protein | 15g | 9g | 20g | 16g | 20g | 20g | 20g |
| Sugar | 0g | 15g added | 9g added | 7g added | 0g | 1g | 1g |
| Fiber | 7g | 0g | 3g | 4g | 7g | 7g | 8g |
| Artificial Sweeteners | No | Yes | Yes | No | No | No | Yes |
| Additives | No | Yes | Yes | Yes | No | No | Yes |
| Plant-based | Yes | No | No | Some varieties | Yes | Yes | Some varieties |
| Soy/Whey Isolates | No | Yes | Yes | No | No | No | No |
| Kosher Certified | Yes | Yes | No | No | Yes | No | Yes |
| Non-GMO | Yes | No | No | No | Yes | Yes | Yes |
| Nut-free | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Vegan | Yes | No | Yes | Yes | Yes | Yes | Yes |
| Gluten-Free | Yes | Yes | Yes | Yes | Yes | Yes | Yes |