

PRODUCT NUTRITIONAL COMPARISON CHART

ReNourish Functional Food Formula vs. Commonly Prescribed Supplement Drinks

PRODUCT	NUTRIENTS/INGREDIENTS					Notes
	Sugar	Protein	Fats	Vitamins and minerals	Fiber	
Lawson Nutrition ReNourish Functional Food Formula	NO ADDED SUGAR. Contains only naturally occurring sugars which have been carefully chosen and included for their specific nutritional benefit.	Contains only very high quality plant proteins derived primarily from Sacha Inchi and nuts. Contains no adulterated whey (dairy) protein or cheap rice or pea proteins (which are high in anti-nutrients)	Contains ONLY beneficial fats all of which are minimally refined, (cold-pressed). Very high in Omega 3 fatty acids.	Contains a myriad of naturally occurring vitamins, minerals and enzymes which are easily and effectively absorbed and utilized by the body, including natural folate (easily absorbed and utilized). High in particular vitamins and minerals which have been scientifically identified as being commonly depleted in people who are malnourished.	High in natural, easily digested pre-biotic fibers	Mixed fresh by the consumer from minimally refined ingredients which have been included due to their scientifically proven health benefits. Easy on the stomach and digestive system

Nutricia Fortisip	Very high in added refined sugars	Protein derived from ultra-high heated (UHT damaged) Milk proteins – esp. casein which causes stomach upset in many people. Contains refined Soy (likely GMO)	Contains refined, potentially harmful vegetable oils. Low in Omega 3 fatty acids	Primarily synthetic (poorly absorbed). Contains folic acid which cannot be properly metabolized and is potentially harmful. Does not contain essential natural Folate or Vitamin K2 for bone health	nil	Made from UHT (heated to ultra high temperatures to preserve and extend shelf life). Claimed to be a scientifically developed health product when many of the ingredients are scientifically proven to be harmful. Hard to digest and absorb. Can cause stomach upset.
Abbotts Ensure Plus	Very high in added refined sugars	Protein derived from ultra-high heated (UHT damaged) Milk proteins – esp. casein which causes stomach upset in many people. Contains refined Soy (likely GMO)	Contains refined, potentially harmful vegetable oils. Low in Omega 3 fatty acids	Primarily synthetic (poorly absorbed). Contains folic acid which cannot be properly metabolized and is potentially harmful. Does not contain essential natural Folate or Vitamin K2 for bone health	nil	Made from UHT (heated to ultra high temperatures to preserve and extend shelf life). Claimed to be a scientifically developed health product when many of the ingredients are scientifically proven to be harmful. Hard to digest and absorb. Can cause stomach upset.

Nestle Resource	Very high in added refined sugars	Protein derived from ultra-high heated (UHT damaged) Milk proteins – esp. casein which causes stomach upset in many people. Contains refined Soy (likely GMO)	Contains refined, potentially harmful vegetable oils. Low in Omega 3 fatty acids	Primarily synthetic (poorly absorbed). Contains folic acid which cannot be properly metabolized and is potentially harmful Does not contain essential natural Folate or Vitamin K2 for bone health	nil	Made from UHT (heated to ultra high temperatures to preserve and extend shelf life). Claimed to be a scientifically developed health product when many of the ingredients are scientifically proven to be harmful. Hard to digest and absorb. Can cause stomach upset.
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