

How Nutritious is One TAIslim® SHAKE?

ONE TAIslim® SHAKE GIVES YOU THE KEY NUTRIENTS OF ALL THE FOODS PICTURED BELOW. AND YOU'D HAVE TO SPEND OVER \$145 AND EAT OVER 18,000 CALORIES PER MEAL!



6 slices wheat bread:
Dietary Fiber



10 oz. beef liver:
Vitamin D



10 oz. whole milk:
Protein



18 eggs:
Vitamin E



23 lemons:
Folate



6 oz. Cheddar cheese:
Zinc



25 peaches:
Vitamin A



28 leaves Swiss chard:
Thiamin



26 oz. chicken breast:
Vitamin B12



8 oz. peanuts:
Selenium



26 figs:
Vitamin C



35 asparagus:
Riboflavin



175 cups spinach:
Pantothenic Acid



2 cups mushrooms:
Copper



13 cups of pumpkin:
Calcium



51 apples:
Niacin



9 bananas:
Phosphorous



42 oranges:
Manganese



34 prunes:
Iron



10 carrots:
Vitamin B6



2 cups bran flakes:
Magnesium

Calories
18,079
Cost
\$146.53

1 oz. = 28.35 g