

Weight Loss Programs Cost Comparison as of Jan. 2013

| | | | | | | | |
|-----------------------------------|---|---------------------|------------------------|----------------|-----------------|----------------|-------------------------------|
| Jenny Craig | 2 Frozen meals a day and a snack. | | | | | | \$436/Mo. |
| Nutrisystem | 3 Meals per day for pantry, plus snacks | | | | | | \$408/Mo. |
| Weight Watchers | \$10 a day your food cost average plus \$42.95 monthly fee | | | | | | \$320/Mo. |
| Subway | Two \$5 foot long subs per day | | | | | | \$300/Mo. |
| Medifast | 5 Meals / day: shakes, bars and more - GMO in products | | | | | | \$315/Mo. |
| Shaklee 180 | Turnaround Kit - 2 Meals per day - (NON-GMO ingredients) Includes daily online workouts, support info & health tools | | | | | | \$269/Mo. |
| Shaklee 180 | Lean & Healthy Kit - 1 Meal / day (Build Muscle Mass & Shape) | | | | | | \$149/Mo. |
| Program Benefits | <i>Jenny Craig</i> | <i>Nutri system</i> | <i>Weight Watchers</i> | <i>Subway</i> | <i>Medifast</i> | <i>ViSalus</i> | <i>Shaklee 180 Turnaround</i> |
| <i>Protects Muscle Mass</i> | NO | NO | NO | NO | NO | NO | YES |
| <i>All Natural Ingredients</i> | NO | NO | NO | NO | NO | NO | YES |
| Average Cost / Day | \$18.00 | \$12.76 | \$11.43 | \$10.00 | \$10.50 | \$8.33 | \$8.97 |
| <i>Published Clinical Studies</i> | NO | YES | YES | NO | YES | NO | YES |
| <i>Lifestyle Change Program</i> | YES | YES | YES | NO | YES | NO | YES |
| <i>3 Years is FREE Program</i> | NO | NO | NO | NO | NO | YES | YES |

Weight Loss Programs Cost Comparison as of Jan. 2013

| | | | | | | | |
|-----------------------------------|---|---------------------|------------------------|----------------|-----------------|----------------|-------------------------------|
| Jenny Craig | 2 Frozen meals a day and a snack. | | | | | | \$436/Mo. |
| Nutrisystem | 3 Meals per day for pantry, plus snacks | | | | | | \$408/Mo. |
| Weight Watchers | \$10 a day your food cost average plus \$42.95 monthly fee | | | | | | \$320/Mo. |
| Subway | Two \$5 foot long subs per day | | | | | | \$300/Mo. |
| Medifast | 5 Meals / day: shakes, bars and more - GMO in products | | | | | | \$315/Mo. |
| Shaklee 180 | Turnaround Kit - 2 Meals per day - (NON-GMO ingredients) Includes daily online workouts, support info & health tools | | | | | | \$269/Mo. |
| Shaklee 180 | Lean & Healthy Kit - 1 Meal / day (Build Muscle Mass & Shape) | | | | | | \$149/Mo. |
| Program Benefits | <i>Jenny Craig</i> | <i>Nutri system</i> | <i>Weight Watchers</i> | <i>Subway</i> | <i>Medifast</i> | <i>ViSalus</i> | <i>Shaklee 180 Turnaround</i> |
| <i>Protects Muscle Mass</i> | NO | NO | NO | NO | NO | NO | YES |
| <i>All Natural Ingredients</i> | NO | NO | NO | NO | NO | NO | YES |
| Average Cost / Day | \$18.00 | \$12.76 | \$11.43 | \$10.00 | \$10.50 | \$8.33 | \$8.97 |
| <i>Published Clinical Studies</i> | NO | YES | YES | NO | YES | NO | YES |
| <i>Lifestyle Change Program</i> | YES | YES | YES | NO | YES | NO | YES |
| <i>3 Years is FREE Program</i> | NO | NO | NO | NO | NO | YES | YES |