NB: Best value option for each market is bolded Only largest purchase sizes are listed	US BASED							CANADA BASED	EU BASED				AUSTRALASIA BASED				
	KETODIET / KETODINE	KETOFUEL	KETOCHOW		KETOLENT	POWERSCHOW	100% FOOD	BIOLENT	GENESIS FOOD SOLUTIONS				PRIMALKING				Aussielent
	Ketosey	Ketofuel	Ketochow [Sasco flavours]	Ketochow [Instarage flavours]	Ketolent	The Keto Meal Shake	100% Food Keto [not currently available]	Biolent Keto	Ketogenesis [standard flavours]	Ketogenesis [vegan flavours]	Ketogenesis [premium flavours]	Ketogenesis [hypoallergenic flavours]	Primalkind For Him	Primalkind For Him Vegan	Primalkind for Her	Primalkind for Her Vegan	Keto Powder
Calories	1600	970	372	326	1690	~475	2010	2000	613 - 628	672 - 690	696 - 703	449	2000	2000	1200	1200	1612
Net carbs (g)	21	15 - 16	1.66	4.08	21	12	6 - 8	26	11.6 - 15.6	2.2 - 6.2	8.6 - 11.3	6.9	29.2 - 31.2	29.6 - 32	24.4 - 25.6	24.8 - 26.4	47.2
Protein (g)	81	99 - 106	78.45	81.14	138	78	174	84	80.2 - 90.3	84.3 - 99.6	76.1 - 80.6	88.7	64.8	65.2	66	66.4 - 67.2	100
Fiber (g)	81	30 - 33	16.76	16.76	16	24	24 - 27	72	26	26	25 - 26.8	28.7	Unknown	Unknown	Unknown	Unknown	20.8
Best value [largest pack size] No subscription	14 days for $197.95 + p&p $12.90/day + p&p	9 days for $60 + oz/cream + p&p $10/day + oz/cream + p&p	**28 days for $243.20 + oz/cream + p&p $8.69/day + oz/cream + p&p**	**28 days for $280 + oz/cream + p&p $9.00/day + oz/cream + p&p**	7 days for $160 + p&p $23/day + p&p	7 days for $74.99 + oz/cream + p&p $10.71/day + oz/cream + p&p	**7 days for $117.72 + p&p $16.82/day + p&p**	**28 days for $350 CAD + p&p $12.50 CAD / day + p&p**	**28 days for £189 + oz/cream + p&p £6.25/day + oz/cream + p&p**	**30 days for £199 + oz/cream + p&p £6.63/day + oz/cream + p&p**	**30 days for £199 + oz/cream + p&p £6.63/day + oz/cream + p&p**	**30 days for €202.80 + oz/cream + p&p €6.76/day + oz/cream + p&p**	**8 days for $139.99 + p&p $17.50/day + p&p**	**8 days for $146.49 + p&p $18.30/day + p&p**	**8 days for $172.66 + p&p $14.39/day + p&p**	**8 days for $178.16 + p&p $14.77/day + p&p**	**7.4 days for $119 + p&p $16.07/day + p&p**
Best value [largest pack size] Subscription	**10 days for $150 + p&p $15/day + p&p**	**9 days for $60 + oz/cream + p&p $6/day + oz/cream + p&p**	N/A	N/A	**7 days for $172 + p&p $24/day + p&p**	**7 days for 93.71 + oz/cream + p&p $9.10/day + oz/cream + p&p**	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Flavours	Unsweetened Chocolate Liquid Blends	Unsweetened Chocolate Creamsicle Vanilla	Chocolate Cookies & Cream Vanilla Banana Chocolate Orange Salted Caramel Mocha	Chocolate Peanut Butter	Chocolate Vanilla	Chocolate	Chocolate Vanilla	Vanilla	Cookies & Cream Chocolate Strawberry Toffee	Caramel Macchiato Chocolate Mint Cake Chocolate Peanut Cookie Chocolate Silk Mint Chocolate Almond Strawberry Unflavoured Vanilla Crème	Banoffee Chocolate Caramel Macchiato Cherry Bakewell Chocolate Hazelnuts Unflavoured Vanilla Crème Wild Raspberry	Unflavoured	Natural Cacao	Natural Cacao	Natural Cacao	Natural Cacao	
Allergens	Milk Soy (lecithin, small amount) Coconut	None	Milk Soy (lecithin, small amount)	Milk Soy (lecithin, small amount)	Milk Soy (lecithin, small amount) Coconut	Milk	Unknown	Shellfish May contain eggs, dairy, peanuts, wheat, tree nuts, sulphites, sesame and seafood	Milk Soy	Soy	Milk Soy (lecithin, small amount) Blueberry flavour contains Sulphites Banoffee flavour contains Barley	None	Nuts Soybeans	Nuts Soybeans	Nuts Soybeans	Nuts Soybeans	Unflavoured? Milk Soy Facility also handles gluten and eggs
Daily price in US (excluding oz/cream and p&p)	$10.00	$9.00	$8.99	$9.80	$16.00	$9.10	$16.82	$9.05	$8.22	$8.61	$8.67	$8.87	$77.67	$72.20	$9.53	$8.91	$10.65
Daily price in EU (excluding oz/cream and p&p)	€9.20	€8.28	€7.69	€8.74	€14.71	€8.37	€15.47	€8.33	€7.56	€7.92	€7.92	€8.10	€70.73	€61.22	€8.77	€8.11	€9.79
Daily price in UK (excluding oz/cream and p&p)	£7.66	£6.90	£6.66	£7.28	£12.26	£6.97	£12.89	£6.93	£6.32	£6.60	£6.60	£6.75	£8.96	£6.34	£7.18	£7.09	£8.16
Daily price in Australia (excluding oz/cream and p&p)	$14.90	$13.41	$12.95	$14.18	$23.86	$13.58	$26.07	$13.50	$12.26	$12.84	$12.84	$13.13	$77.38	$38.16	$14.21	$14.77	$16.67
Daily price in Canada (excluding oz/cream and p&p)	$13.81	$12.43	$12.00	$13.12	$22.10	$12.57	$23.22	$12.50	$11.35	$11.89	$11.89	$12.16	$16.71	$34.94	$11.17	$13.68	$15.70
Website	https://www.ketosey.com/	https://ketofuel.com/	https://www.ketochow.com/		https://www.ketolent.com/	https://www.powerschow.com/products/the-keto-meal-shake-vanilla	https://www.100percentfood.com/products/100-percent-keto-powder	https://biolent.com/products/biolent-keto-ultimate-pack-1-month	https://genesisfoodsolutions.com/				https://primalkind.com/				https://aussielent.com.au/products/keto-powder-100-food-complete

Daily prices in other countries are calculated using the daily price in the largest currency (USD) and the current exchange rate. Prices based on google finance (current exchange rates can be seen below). They do not take account of p&p or oz/cream.

USD <--> EUR	0.9266
USD <--> GBP	0.7664366
USD <--> AUD	1.28852207
USD <--> CAD	1.38125
GBP <--> EUR	1.2093
GBP <--> USD	1.3047092
GBP <--> AUD	1.565852
GBP <--> CAD	1.801857
EUR <--> GBP	0.83385
EUR <--> USD	1.08329312
EUR <--> AUD	1.421
EUR <--> CAD	1.4901
AUD <--> EUR	0.6378276
AUD <--> GBP	0.5139158
AUD <--> USD	0.671
AUD <--> CAD	0.9365
CAD <--> EUR	0.6666223
CAD <--> GBP	0.7027
CAD <--> USD	0.7239819
CAD <--> AUD	1.068395