

PLANT-BASED

vega one™

Made from real whole-food ingredients, Vega One has all the good stuff you'd choose yourself if you had the time. Good for you and the planet, it has everything you need (and nothing you don't)—all in one delicious scoop.

PROTEIN **20g**

Multisource complete protein blend that helps build and repair strong muscles. Same amount as 3.6 medium eggs.

GREENS **6** | SERVINGS

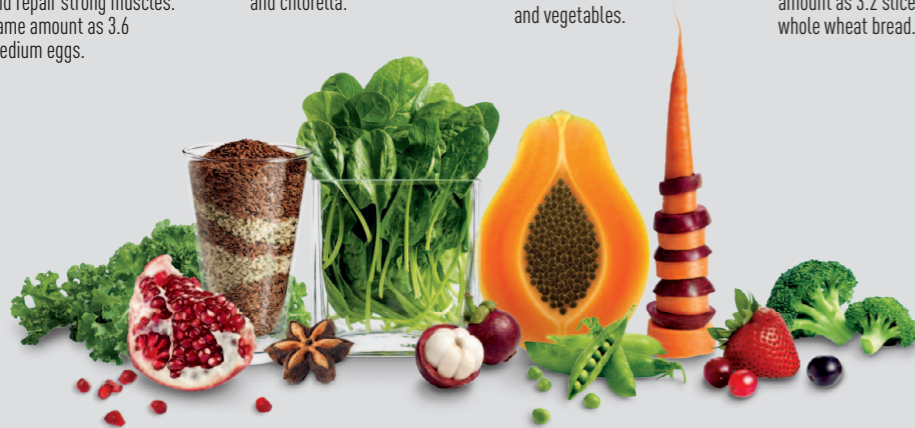
Made from 3 cups of broccoli, kale, spirulina and chlorella.

VITAMINS & MINERALS[†] **50%** | DAILY INTAKE

Food-based vitamins and minerals from fruits and vegetables.

FIBER **25%** | DAILY INTAKE

6 grams of soluble and insoluble fiber. Same amount as 3.2 slices of whole wheat bread.



OMEGA-3 **1.5g**

Essential fatty acids from flaxseed and hemp. Same amount as 2.3 servings of salmon.

ANTIOXIDANTS[‡] **1000** | ORAC

Help protect against damage from free radicals. Same amount as 3.3 cups of blueberries.

PROBIOTICS **1** | BILLION**

Help promote healthy intestinal flora. Same amount as 1 cup of yogurt.

CALORIES **160**

DIRECTIONS: Mix one level scoop of Vega One in 1.5 cups (12 oz.) of ice-cold water or non-dairy beverage, or blend Vega One into your favorite smoothie recipe. Do not use if seal is broken. After opening, close lid tightly and store in a cool, dry place away from direct light.

ALL-IN-ONE NUTRITIONAL SHAKE

MIXED BERRY FLAVOR

GLUTEN-FREE | NO SUGAR ADDED

DRINK MIX | Net Wt. 30 oz. (1 lb 14 oz. / 850 g)

PROTEIN 20g	GREENS 6 SERVINGS	VITAMINS & MINERALS [†] 50% DAILY INTAKE	FIBER 25% DAILY INTAKE	OMEGA-3 1.5g	ANTIOXIDANTS [‡] 1000 ORAC	PROBIOTICS 1 BILLION**	CALORIES 160
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Nutrition Facts

Serving Size: 1 scoop (42g)
Servings Per Container: Approx. 20

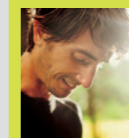
Amount Per Serving	% Daily Value*
Calories 160	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	<1%
Polyunsaturated 3g	
Monounsaturated 1g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Potassium 230mg	6%
Total Carbohydrate 9g	3%
Dietary Fiber 6g	25%
Sugars <1g	
Protein 20g	40%
Vitamin A	90%
Vitamin C	80%
Calcium	20%
Iron	30%

	% Daily Value*
Vitamin D	50%
Vitamin E	50%
Vitamin K	60%
Thiamine	60%
Riboflavin	50%
Niacin	50%
Vitamin B ₆	50%
Folate	50%
Vitamin B ₁₂	15%
Biotin	50%
Pantothenate	50%
Phosphorus	30%
Iodine	4%
Magnesium	10%
Selenium	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: PEA PROTEIN, WHOLE FLAXSEED (MICRO-MILLED), ORGANIC ACACIA GUM (NATURALLY OCCURRING FIBER), HEMP PROTEIN, SAVISEED™ (SACHA INCHI) PROTEIN, ORGANIC GELATINIZED MACA ROOT, ORGANIC BROCCOLI, INULIN (FROM CHICORY ROOT), ORGANIC SPIRULINA, ORGANIC KALE, ORGANIC MARINE ALGAE CALCIUM, FRUIT & VEGETABLE BLEND (SPINACH, BROCCOLI, CARROT, BEET, TOMATO, APPLE, CRANBERRY, ORANGE, BLUEBERRY AND/OR BILBERRY, STRAWBERRY, SHIITAKE MUSHROOM), CHLORELLA VULGARIS (CRACKED WHOLE CELL), PAPAYA EXTRACT, PROBIOTICS (BACILLUS COAGULANS (PROVIDES 1 BILLION CFU/SERVING)), ANTIOXIDANT FRUIT BLEND (GRAPE SEED EXTRACT, ORGANIC POMEGRANATE, ACAI, MANGOSTEEN, ORGANIC GOJI, ORGANIC MAQUI), CONTAINS 2 PERCENT OR LESS OF: NATURAL MIXED BERRY FLAVOR, NATURAL STRAWBERRY FLAVOR, NATURAL CHERRY FLAVOR, NATURAL VANILLA FLAVOR, STEVIA EXTRACT, CITRIC ACID.

MADE WITHOUT DAIRY OR SOY INGREDIENTS



Formulated by Brendan Brazier: vegan, former professional Ironman triathlete, and bestselling health author on plant-based nutrition.
Brendan Brazier
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* EXCLUDING COLORANT • ** CFU • † 12 VITAMINS AND MINERALS ARE AT LEVELS OF 50% DV OR HIGHER • ‡ VITAMINS, VITAMIN E, SELENIUM