

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 **20 g**

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 **27%** | DAILY INTAKE

7 grams of soluble and insoluble fiber. Same amount as 3.7 slices of whole wheat bread.



OMEGA-3 **1.5 g**

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 3.4 cups of blueberries.

PROBIOTICS **1** | BILLION**

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

CALORIES **170**

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

CHOCOLATE FLAVOR

GLUTEN-FREE | NO SUGAR ADDED

DRINK MIX | Net Wt. 30.9 oz. (1 lb 15 oz. / 876 g)



Nutrition Facts

Serving Size: 1 scoop (46g)
Servings Per Container: Approx. 19

Amount Per Serving

Calories 170 Calories from Fat 60

Total Fat 6g **10%** % Daily Value*

Saturated Fat 1g **5%**

Trans Fat 0g **<1%**

Polyunsaturated 3g

Monounsaturated 1g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Potassium 360mg **10%**

Total Carbohydrate 13g **4%**

Dietary Fiber 7g **27%**

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	60%
Niacin	50%
Vitamin B ₆	50%
Folate	50%
Vitamin B ₁₂	15%
Biotin	50%
Pantothenate	60%
Phosphorus	30%
Iodine	4%
Magnesium	20%
Zinc	2%
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.

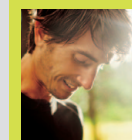
MADE WITHOUT DAIRY OR SOY INGREDIENTS



This bottle is made from 100% post-consumer recycled plastic. journeytozero.com



INGREDIENTS: PEA PROTEIN, WHOLE FLAXSEED (MICRO-MILLED), COCOA POWDER, ORGANIC ACACIA GUM (NATURALLY OCCURRING FIBER), SAVISEED™ (SACHA INCHI) PROTEIN, ORGANIC GELATINIZED MACA ROOT, ORGANIC BROCCOLI, 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, AÇAÍ, MANGOSTEEN, ORGANIC GOJI, ORGANIC MAQUI). CONTAINS 2 PERCENT OR LESS OF: BEET ROOT POWDER (FOR COLOR), NATURAL CHOCOLATE FLAVOR, NATURAL VANILLA FLAVOR, NATURAL CARAMEL FLAVOR, NATURAL HAZELNUT FLAVOR, STEVIA EXTRACT, CITRIC ACID.



Formulated by Brendan Brazier: vegan, former professional Ironman triathlete, and bestselling health author on plant-based nutrition.

Brendan Brazier
brendanbrazier.com



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*EXCLUDING COCOAMANT • **CFU • †% DAILY INTAKE AND MINERALS ARE AT LEVELS OF 50% OR HIGHER • †VITAMIN C, VITAMIN E, SCLERODIUM