

PLANT-BASED

vega  
one™

ALL-IN-ONE  
NUTRITIONAL  
SHAKE

CHOCOLATE  
FLAVOR

GLUTEN-FREE | NO SUGAR ADDED

DRINK MIX | Net Wt. 16 oz. (1 lb / 461 g)

PROTEIN 20g	GREENS 6   SERVINGS	VITAMINS & MINERALS* 50%   DAILY INTAKE	FIBER 7g	OMEGA-3 1.5g	ANTIOXIDANTS* 1000   ORAC	PROBIOTICS 1   BILLION*	CALORIES 170
----------------	------------------------	--	-------------	-----------------	------------------------------	----------------------------	-----------------

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 7g | DAILY INTAKE

7 grams of soluble and insoluble fiber. Same amount as 3.7 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 3.4 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.



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

MADE IN USA

MADE WITHOUT DAIRY OR SOY INGREDIENTS

myvega.com



**Nutrition Facts**

Serving Size: 1 scoop (46g)  
Servings Per Container: Approx. 10

**Amount Per Serving**  
**Calories** 170 **Fat Cal** 60

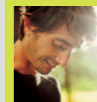
**% Daily Value\***

<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	<b>&lt;1%</b>
Polyunsaturated 3g	
Monounsaturated 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Potassium</b> 360mg	<b>10%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 7g	<b>27%</b>
Sugars <1g	
<b>Protein</b> 20g	<b>40%</b>
Vitamin A	90%
Vitamin C	80%
Calcium	20%
Iron	30%
Vitamin D	50%
Vitamin E	50%
Vitamin K	60%

	<b>% Daily Value*</b>
Thiamine	60%
Riboflavin	60%
Niacin	50%
Vitamin B <sub>6</sub>	50%
Folate	50%
Vitamin B <sub>12</sub>	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.

**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, SHITAKE 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: 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

DISTRIBUTED BY:  
**SEQUEL NATURALS LTD.**  
101 - 3001 WAYBURNE DRIVE  
BURNABY, BC, CANADA  
V5G 4W3 • 1.866.839.8863