

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<sup>1</sup> **50%** | DAILY INTAKE

Food-based vitamins and minerals from fruits and vegetables.

FIBER **23%** | DAILY INTAKE

6 grams of soluble and insoluble fiber. Same amount as 3 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<sup>‡</sup> **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**

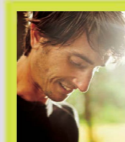
**DIRECTIONS:** Mix one level scoop of Vega One in 1.5 cups (12 oz.) of ice-cold water or non-dairy beverage, or blend Vega One into your favorite smoothie recipe. Do not use if seal is broken. After opening, close lid tightly and store in a cool, dry place away from direct light.

## ALL-IN-ONE NUTRITIONAL SHAKE

COCONUT ALMOND FLAVOR

GLUTEN-FREE | NO SUGAR ADDED

DRINK MIX | Net Wt. 29.4 oz. (1 lb 13 oz. / 834g)



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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[myvega.com](http://myvega.com)

### Nutrition Facts

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

Amount Per Serving	% Daily Value*
<b>Calories</b> 160	Calories from Fat 50
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	<b>&lt;1%</b>
Polyunsaturated 3g	
Monounsaturated 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Potassium</b> 220mg	<b>6%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 6g	<b>23%</b>
Sugars <1g	
<b>Protein</b> 20g	<b>34%</b>
Vitamin A	90%
Vitamin C	80%
Calcium	20%
Iron	25%

	% Daily Value*
Vitamin D	50%
Vitamin E	50%
Vitamin K	60%
Thiamine	60%
Riboflavin	50%
Niacin	50%
Vitamin B <sub>6</sub>	50%
Folate	50%
Vitamin B <sub>12</sub>	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, 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: NATURAL VANILLA FLAVOR, NATURAL COCONUT FLAVOR, NATURAL ALMOND FLAVOR, NATURAL CARAMEL FLAVOR, NATURAL CHERRY FLAVOR, STEVIA EXTRACT, CITRIC ACID.

\*EXCLUDING COLOREDANTHRAQUINONE \*\*FCU • †VITAMINS AND MINERALS ARE AT LEVELS OF 80% DV OR HIGHER • ††VITAMIN C, VITAMINE, SCLEROL