

MADE WITH
**REAL PLANT-BASED
 FOOD INGREDIENTS**

We believe in putting good in to get good out. That's why we've packed Vega One All-in-One Shake with far more than just protein. Full of real, organic, plant-based ingredients, Vega One harnesses the power of plants to help you supercharge your day, deliciously.



**THE VEGA ONE
 PROMISE**



GLUTEN
 FREE



NO
 GRAINS



VEGAN



NO ADDED
 SUGAR



NO ARTIFICIAL
 COLORS,
 FLAVORS, OR
 PRESERVATIVES

| PROTEIN | ANTIOXIDANTS | GREENS |
|---|--|---|
| 20g of plant-based protein from peas, sunflower & pumpkin seeds | Excellent source of vitamin C from acerola juice & vitamin A from carrot juice | Ingredients made from Earthbound Farm® organic greens |



Brendan Brazier

BRENDAN BRAZIER: VEGA CO-FOUNDER AND ORIGINAL FORMULATOR. FORMER PROFESSIONAL IRONMAN TRIATHLETE & BESTSELLING AUTHOR.

"NO ONE CAN IMPROVE ON THE POWER OF REAL, NUTRIENT DENSE PLANT-BASED FOODS. VEGA GREW FROM MY GOAL: TO MAKE PLANT-BASED NUTRITION EASIER FOR BUSY PEOPLE. SINCE 2004, VEGA HAS BROUGHT REAL, PLANT-BASED FOOD INGREDIENTS TOGETHER IN PURPOSEFUL COMBINATIONS TO HELP YOU GET THE NUTRITION YOUR BODY WANTS, WITHOUT COMPROMISE."

PLANT-BASED
vega

**ONE
 ALL-IN-ONE
 SHAKE**



**FRENCH VANILLA
 FLAVORED**



NOT A LOW CALORIE FOOD. SEE NUTRITION FACTS PANEL FOR CALORIE, SUGAR, AND FAT INFORMATION.

NET WT 24.3 OZ (1 LB 8.3 OZ) 689g

NEW



— AND —
**GREAT
 NEW
 TASTE**



DRINK MIX
 APPROX. 18 SERVINGS
 *PER 30g SERVING

| | | | | | | | |
|------------------------------|---------------------|-------------------------------------|------------------------|----------------------------------|---|-------------------------|---------------------|
| 500mg OMEGA-3 ALA* | 4g FIBER* | 50% DAILY VALUE VITAMINS* | 20g PROTEIN* | A & C ANTIOXIDANTS | 2 BILLION CFU BACILLUS COAGULANS PROBIOTICS* | 150 CALORIES* | 1g SUGAR* |
|------------------------------|---------------------|-------------------------------------|------------------------|----------------------------------|---|-------------------------|---------------------|

Nutrition Facts

Serving Size: 1 scoop (38g)
 Servings Per Container: Approx. 18

| Amount Per Serving | | % Daily Value* |
|------------------------------|----------------------|----------------|
| Calories 150 | Calories from Fat 45 | |
| Total Fat 5g | | 8% |
| Saturated Fat 0.5g | | 3% |
| Trans Fat 0g | | |
| Polyunsaturated Fat 2g | | |
| Monounsaturated Fat 1g | | |
| Cholesterol 0mg | | 0% |
| Sodium 250mg | | 10% |
| Potassium 280mg | | 8% |
| Total Carbohydrate 8g | | 3% |
| Dietary Fiber 4g | | 16% |
| Sugars 1g | | |
| Protein 20g | | 24% |
| Vitamin A 60% | Vitamin C 50% | |
| Calcium 15% | Iron 30% | |
| Vitamin D 50% | Vitamin K 100% | |
| Thiamin 50% | Riboflavin 50% | |
| Niacin 50% | Vitamin B6 50% | |
| Folate 8% | Vitamin B12 35% | |
| Biotin 6% | Pantothenic Acid 35% | |
| Phosphorus 15% | Magnesium 8% | |
| Zinc 2% | Manganese 20% | |

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

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | Less than | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PEA PROTEIN†, VEGA ONE VEGGIES AND FRUITS BLEND† (CARROT JUICE POWDER†, SPINACH POWDER†, ACEROLA CHERRY JUICE POWDER†, CHARD POWDER†, KALE POWDER†, LETTUCE POWDER†, POMEGRANATE JUICE POWDER†, BLUEBERRY JUICE POWDER†, ACAI POWDER†), GOLDEN FLAXSEED†, PEA STARCH†, AGAVE INULIN POWDER†, NATURAL FLAVORS, SPIRULINA†, QUINOA SPROUTS† (SPROUTED IN WATER WITH VITAMINS B1, B2, B3, B5, B6, AND B7), CHIA SEED POWDER†, MACA ROOT POWDER†, SUNFLOWER SEED PROTEIN†, PUMPKIN SEED PROTEIN†, SACHA INCHI POWDER†, STEVIA EXTRACT†, CITRIC ACID, PROBIOTICS (BACILLUS COAGULANS), XANTHAN GUM, BROMELAIN, MUSHROOM POWDER†. †ORGANIC MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUTS, DAIRY, SOY, EGG, AND TREE NUTS.

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

CERTIFIED ORGANIC BY QAI



SHAKE IT!
 Mix one level scoop of Vega One All-in-One Shake in 1.5 cups (12 fl oz.) of ice-cold water or your choice of beverage.



BLEND IT!
 Mix one level scoop of Vega One All-in-One Shake into your favorite smoothie recipe.



BAKE IT!
 Swap Vega One All-in-One Shake for 1/8 to 1/4 of the flour in sweet baking recipes.



visit us:

@vegatteam myvega.com

DO NOT USE IF SEAL IS BROKEN. STORE IN A COOL, DRY PLACE AWAY FROM DIRECT LIGHT. PRODUCT CONTAINS SILICA PACKET TO MAINTAIN PRODUCT FRESHNESS. DO NOT CONSUME.

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