

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**



**CHOCOLATE  
 FLAVORED**



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

NET WT 25.0 OZ (1 LB 9 OZ) 708g

**NEW**



— AND —

**GREAT  
 NEW  
 TASTE**

**Nutrition Facts**

Serving Size: 1 scoop (42g)  
 Servings Per Container: Approx. 17

Amount Per Serving	% Daily Value*	
<b>Calories</b> 150	<b>Calories from Fat</b> 45	
<b>Total Fat</b> 5g	<b>8%</b>	
Saturated Fat 1g	<b>5%</b>	
Trans Fat 0g		
Polyunsaturated Fat 2g		
Monounsaturated Fat 1g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 250mg	<b>10%</b>	
<b>Potassium</b> 280mg	<b>8%</b>	
<b>Total Carbohydrate</b> 10g	<b>3%</b>	
Dietary Fiber 4g	<b>16%</b>	
Sugars 1g		
<b>Protein</b> 20g	<b>24%</b>	
Vitamin A 50%	Vitamin C 50%	
Calcium 15%	Iron 30%	
Vitamin D 50%	Vitamin K 90%	
Thiamin 50%	Riboflavin 50%	
Niacin 50%	Vitamin B <sub>6</sub> 50%	
Folate 8%	Vitamin B <sub>12</sub> 15%	
Biotin 6%	Pantothenic Acid 35%	
Phosphorus 15%	Magnesium 8%	
Zinc 2%	Manganese 15%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 65g	2,500
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†, COCOA POWDER† (PROCESSED WITH ALKALI), 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†, ACI POWDER†), GOLDEN FLAXSEED†, PEA STARCH†, NATURAL FLAVORS, AGAVE INULIN POWDER†, 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†, SPIRULINA†, SACHA INCHI POWDER†, STEVIA EXTRACT†, PROBIOTICS (BACILLUS COAGULANS), SEA SALT, 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:  
**@vegateam 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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<b>500mg</b> OMEGA-3 ALA*	<b>4g</b> FIBER*	<b>50% DAILY VALUE</b> FROM 8 VITAMINS VITAMINS*	<b>20g</b> PROTEIN* ANTIOXIDANTS	<b>2 BILLION</b> CFU BACILLUS COAGULANS PROBIOTICS*	<b>150</b> CALORIES*	<b>1g</b> SUGAR*
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DRINK MIX  
 APPROX. 17 SERVINGS  
 \*PER 42g SERVING