

Vega Protein & Greens gives you a convenient protein boost you can take on-the-go or as part of a healthy breakfast.

PLANT-BASED

vega™



Nutrition Facts

Serving Size: 1 scoop (33g)
Servings Per Container: Approx. 19

Amount Per Serving		% Daily Value*	
Calories	120	Calories from Fat	<5
Total Fat	1g		1%
Saturated Fat	<0.5g		2%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	180mg		8%
Total Carbohydrate	6g		2%
Dietary Fiber	2g		10%
Sugars	2g		
Protein	20g		40%
Vitamin A	0%	Vitamin C	0%
Calcium	20%	Iron	30%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Typical Amino Acid Profile of Protein (Per 33g Serving)

Alanine	869mg
Arginine	1,792mg
Aspartic Acid	2,299mg
Cysteine	211mg
Glutamic Acid	3,421mg
Glycine	992mg
Histidine	463mg
Isoleucine	927mg
Leucine	1,736mg
Lysine	1,628mg
Methionine	229mg
Phenylalanine	1,045mg
Proline	748mg
Serine	1,062mg
Threonine	762mg
Tryptophan	249mg
Tyrosine	751mg
Valine	1,031mg

ALL THIS IN EVERY SERVING



20g MULTISOURCE PLANT-BASED PROTEIN



2 SERVINGS OF GREENS
MADE FROM 1.2 CUPS OF VEGGIES
(ALFALFA, SPINACH, BROCCOLI, KALE)

Directions:

Mix one scoop [33g] of Vega Protein & Greens in 1 cup of ice-cold water or non-dairy beverage, shake and go! Or blend into your favorite smoothie recipe.

Do not use if seal is broken. After opening, close lid tightly and store in a cool, dry place.



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

Brendan Brazier

Want even more nutrition?

Try Vega One All-In-One Nutritional Shake with protein and greens PLUS vitamins, minerals, fiber, Omega-3, antioxidants and probiotics all in one scoop.



protein & greens

CHOCOLATE FLAVOR



GLUTEN-FREE | NO SUGAR ADDED | NON-GMO

DRINK MIX

Net Wt. 21.8 oz. (618 g) POWDER natural flavors



INGREDIENTS: VEGA PROTEIN BLEND (PEA PROTEIN, SAVISEED™ (SACHA INCHI) PROTEIN, HEMP SEED PROTEIN, SPROUTED WHOLE GRAIN BROWN RICE PROTEIN), DUTCH COCOA POWDER, NATURAL CHOCOLATE FLAVOR, VEGA GREEN BLEND (ORGANIC ALFALFA GRASS POWDER, SPINACH POWDER, BROCCOLI POWDER, ORGANIC KALE POWDER), PAPAYA CONCENTRATE POWDER (CONTAINS NATURALLY OCCURRING ENZYMES), STEVIA LEAF EXTRACT, XANTHAN GUM.



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SEQUEL NATURALS LTD.
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Made in USA

myvega.com

This bottle is made from 100% post-consumer recycled plastic (excluding colorant). For more information: journeytozero.com