

Good for your body and the planet, Vega™ is the clean, plant-based choice to fuel your healthy, active lifestyle—without compromise.*

Complete Daily Essentials to Help You Thrive

- Cover your key nutrient bases for optimal health*
- Provide energy to sustain an active life*
- Help metabolize fats, proteins and carbohydrates*
- Support normal glucose metabolism*
- Develop strong bones and teeth and maintain healthy skin and eyes*
- Facilitate proper muscle function and repair of connective tissue*
- Promote natural, healthy intestinal flora*
- Help support a healthy immune system*

For complete benefit details, [visit myvega.com](#)

Directions (adults):

Mix one level scoop of Vega One Nutritional Shake in 1–1.5 cups (250–375 ml) of ice-cold water, juice or non-dairy beverage, shake well and enjoy.

Vega One is also a delicious, nutrient-supplementing addition to your favorite smoothie recipe—just blend and thrive! Take one or more servings daily for optimal health.*

After opening, store in a cool dry place with lid tightly closed.

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

[brendanbrazier.com](#)



PLANT-BASED

vega™

one

all-in-one
nutritional
shake
IBERRY

50% DAILY INTAKE VITAMINS & MINERALS
15 g PROTEIN, 6 g FIBER & 1.5 g OMEGA-3
ANTIOXIDANTS, PROBIOTICS & GREENS

dairy, gluten & soy free • no sugar added

dietary supplement

30 oz./850 g

Supplement Facts

Serving Size: 1 scoop (1.5 oz./42.5 g) / Servings Per Container: 20

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	141	Copper (as copper citrate)	1 mg 50 %
Calories from fat	29	Manganese (as manganese citrate)	1 mg 50 %
Total Fat	3 g 5 %*	Chromium (as chromium citrate)	60 mcg 50 %
Polyunsaturated fat	2.6 g †	Molybdenum (as molybdenum citrate)	37.5 mcg 50 %
Total Carbohydrate	13 g 4 %*	Sodium	135 mg 6 %
Dietary Fiber	6 g 24 %*	Potassium (as potassium phosphate)	750 mg 20 %
Sugars	3 g †	Complete Protein Blend	17,155 mg †
Protein	15 g 30 %	Pea protein, SaviSeed™ (sacha inchi) protein, hemp seed protein, sprouted whole grain brown rice protein	
Vitamin A (as vitamin A palmitate)	2,500 IU 50 %	Omega 3 EFA Blend	6,821 mg †
Vitamin C (as calcium ascorbate)	30 mg 50 %	Flax seed, chia seed	
Vitamin D (as ergocalciferol)	200 IU 50 %	Green Blend	1,500 mg †
Vitamin E (as d-alpha tocopheryl acetate)	15 IU 50 %	Chlorella (cracked cell, high CGF), alfalfa (grass), spinach (leaf), broccoli (flore), kale (leaf)	
Vitamin K (as phytonadione)	40 mcg 50 %	Antioxidant Blend (ORAC 1000)	200 mg †
Thiamine (as thiamine HCl)	0.75 mg 50 %	Grape seed extract, maqui berry, goji fruit, acai berry, pomegranate seed, mangosteen fruit	
Riboflavin	0.85 mg 50 %	Probiotic blend	1 billion CFU †
Niacin	11.5 mg 60 %	Lactobacillus acidophilus La-14, Bifidobacterium bifidum Bb-02	
Vitamin B6 (as pyridoxine HCl)	1 mg 50 %	Digestive Enzyme Blend	300 mg †
Folate (as folic acid)	200 mcg 50 %	Protease (plant and bacterial), aminopeptidase, HemiSEB (amylase, pectinase, phytase, hemicellulase)	
Vitamin B12 (as cyanocobalamin)	3 mcg 50 %	Organic gelatinized maca root	1,000 mg †
Biotin	15 mcg 5 %	Inulin (from chicory root)	3,500 mg †
Pantothenic acid (as calcium pantothenate)	5 mg 50 %		
Calcium (as calcium phosphate tribasic)	546 mg 50 %		
Iron (as iron pyrophosphate)	9 mg 50 %		
Phosphorus (as calcium phosphate tribasic and potassium phosphate dibasic)	550 mg 55 %		
Iodine (as potassium iodide)	80 mcg 50 %		
Magnesium (as magnesium citrate)	200 mg 50 %		
Zinc (as zinc citrate dihydrate)	7.5 mg 50 %		
Selenium (as selenium citrate)	35 mcg 50 %		

Other Ingredients: Natural raspberry and strawberry flavors, xanthan gum, stevia leaf extract, citric acid, malic acid.

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Made in USA

[myvega.com](#)

Notice to First-Time Users: As with any positive dietary change, some people may experience temporary cleansing-type symptoms including headaches, constipation, diarrhea and nausea when first taking Vega One. To minimize symptoms, start with one-quarter of a serving and gradually increase intake over the next few weeks. Be sure to drink plenty of water (at least 8 cups a day) with increased dietary fiber intake.

Cautions: Consult a health care practitioner prior to use if you are taking blood thinners (due to vitamin K) or if you are pregnant or breastfeeding (due to grape seed extract). People sensitive to niacin may experience mild flushing of the skin. Discontinue use and consult a health care practitioner if you experience the following: Hypersensitivity to flax seed; symptoms of digestive upset (e.g., diarrhea) occur, worsen, or persist beyond 3 days; nausea, fever, vomiting, diarrhea or severe abdominal pain; an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment). Keep out of reach of children. There is enough iron in this package to seriously harm a child.

*These statements have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure or prevent any disease.

