Good for your body and the planet, Vega™ is the active lifestyle—without compromise.*

Complete Daily Essentials to Help You Thrive

- · Provide energy to sustain an active life*

- Develop strong bones and teeth and maintain healthy skin
- · Promote natural, healthy intestinal flora*

For complete benefit details, visit myvega.com

Directions (adults):

smoothie recipe—just blend and thrive! Take one or more servings daily for

author on plant-based nutrition.

brendanbrazier.com

Brenda Buzin



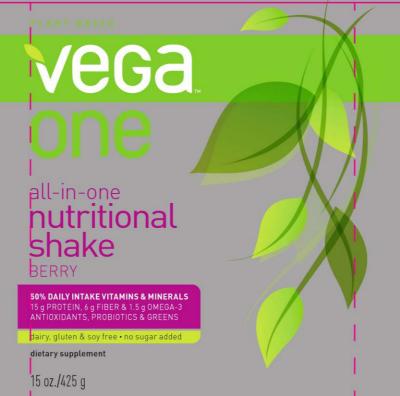
Notice to First-Time Users: As with any positive dietary change, some

Cautions: Consult a health care practitioner prior to use if you are taking of digestive upset le.g., diarrheal occur, worsen, or persist beyond 3 days.

* 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.







Supplement Facts

Serving Size: 1 scoop (1.5 oz./42.5 g) / Servings Per Container: 10

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	Ť	Molybdenum (as molybdenum citrate)	37.5 mcg	
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 m	na +
Protein	15 g	30 %	Pea protein, SaviSeed TM (sacha inchi) p		
Vitamin A (as vitamin A palmitate)	2,500 IU	50 %	seed protein, sprouted whole grain brow		
Vitamin C (as calcium ascorbate)	30 mg	50 %	Omega 3 EFA Blend	6,821 mg	
Vitamin D (as ergocalciferol)	200 IU	50 %	Flax seed, chia seed	0,021111	
Vitamin E (as d-alpha tocopheryl acetate)	15 IU	50 %	Green Blend	1,500 mc	
Vitamin K (as phytonadione)	40 mcg	50 %	Chlorella (cracked cell, high CGF), alfalfa		
Thiamine (as thiamine HCI)	0.75 mg	50 %	spinach (leaf), broccoli (floret), kale (leaf		
Riboflavin	0.85 mg		Antioxidant Blend (ORAC 1000)	200 ma	+
Niacin	11.5 mg		Grape seed extract, maqui berry, goji fru		- 1
Vitamin B6 (as pyridoxine HCI)	1 mg	50 %	acai berry, pomegranate seed, mangost		
Folate (as folic acid)	200 mcg	50 %	Probiotic blend	1 billion (EII +
Vitamin B12 (as cyanocobalamin)	3 mcg	50 %	Lactobacillus acidophilus La-14,	1 Dillion (10 1
Biotin	15 mcg	5 %	Bifidobacterium bifidum Bb-02		
Pantothenic acid (as calcium pantothenate)	5 mg	50 %	Digestive Enzyme Blend	300 mg	+
Calcium (as calcium phosphate tribasic)	546 mg	50 %	Protease (plant and bacterial),	300 mg	- 1
Iron (as iron pyrophosphate)	9 mg	50 %	aminopeptidase, HemiSEB (amylase,		
Phosphorus (as calcium phosphate tribasic			pectinase, phytase, hemicellulase)		
and potassium phosphate dibasic)	550 mg	55 %	Organic gelatinized maca root	1,000 mg	1 +
lodine (as potassium iodide)	80 mcg	50 %	Inulin (from chicory root)	3,500 mg	
Magnesium (as magnesium citrate)	200 mg	50 %	main (non chicory root)	0,000 1110	
Zinc (as zinc citrate dihydrate)	7.5 mg	50 %	*Percent Daily Values are based on a 2,000 cald	orie diet.	
Selenium (as selenium citrate)	35 mcg	50 %	†Daily Value Not Established.		

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

SEQUEL NATURALS LTD., 101 - 3001 Wayburne Drive, Burnaby, BC, Canada V5G 4W3 Toll-Free: 1.866,839,8863 • Made in Canada