

Vega Provides Essential Everyday Nutrition

Combining whole food goodness with fast food convenience, Vega is a convenient and complete source of plant-based whole foods. Easily digested, alkaline-forming and pleasant-tasting, Vega is ideal for anyone looking for a simple, one-stop supplement solution to support optimal health and vitality.

Formulated by Brendan Brazier, vegan, professional Ironman Triathlete and best-selling author on nutrition, Vega is a synergistic collection of Brendan's favorite plant-based superfoods. For years Brendan has thrived by fuelling his body with whole food shakes. After extensive formulation

and testing, Vega is a replica of Brendan's tried-and-true health and performance optimizing shake.

Made without compromises, Vega contains no animal products, dairy, egg, gluten, soy, added sugar, wheat or yeast. Absolutely no artificial colors, flavors, preservatives or sweeteners of any kind and free of GMOs, herbicides and pesticides. Best of all, Vega is clean, green and suitable for those on almost any kind of diet including calorie-reduced, low carb, low glycemic, gluten-free, diabetic, cleansing, elimination and vegetarian/vegan.



Complete Whole Food Health Optimizer

All-in-one, natural plant-based formula

Excellent source of protein, fiber & antioxidants

Provides 100% recommended daily intake of vitamins & minerals

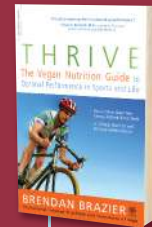
Contains Omega 3 & 6 EFAs, enzymes, probiotics & phytonutrients

Free of common allergens, alkaline-forming & easy to digest

Berry Flavor
Net Wt. 36.6 oz (1039 g)

sequel

Whole Food
Dietary Supplement



Read *Thrive - The Vegan Nutrition Guide* by Brendan Brazier, professional Ironman triathlete and formulator of Vega. www.brendanbrazier.com

Featuring 100 whole food recipes and a 12 week meal plan, *Thrive - The Vegan Nutrition Guide* will show you how plant-based whole foods can improve health, performance and vitality. www.thrivediet.com



Brendan Brazier



For more information on our award-winning products visit us at www.myvega.com

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

Supplement Facts

Serving size: 2 scoops (69 g)

Serving per container: 15

Amount per Serving	%DV*	Amount per Serving	%DV*
Calories	240	ProVega Complete Broad Spectrum Plant-Based Protein Blend: (Organic hemp protein, yellow pea protein, organic brown rice protein, whole flax seed)	
Calories from fat	50	Frutafit Inulin FOS: (from chicory root)	43,000 mg **
Total Fat	6 g 9%	MacaSure: (Organic Gelatinized Maca Root)	4,000 mg **
Saturated fat	1 g 5%	ChlorEssence: (High CGF Cracked Cell Chlorella)	2,500 mg **
Trans fat	0 g 0%	Omega 3 Essential Fatty Acids	2,500 mg **
Polyunsaturated fat	4 g **	Omega 6 Essential Fatty Acids	1,500 mg **
Monounsaturated fat	1 g **	Prohydroxy-P Digestive Enzyme Blend: (protease I, protease II, amylase, lipase, cellulase)	300 mg **
Cholesterol	0 mg 0%	Stevia Leaf	300 mg **
Total Carbohydrate	22 g 7%	ORAC 800+ Mixed Berry Complex: (Wild blueberry, blueberry, black raspberry, cherry, marion berry, blackberry)	200 mg **
Dietary fiber	15 g 60%	Dairy-free Probiotic Blend: (L. Acidophilus; B. Bifidum) providing 1 billion viable cells	83 mg **
Sugars	1 g **	* Percent Daily Values are based on a 2,000 calorie diet	
Protein	26 g 52%	** Daily Value not established	
Vitamin A (as retinyl palmitate)	5,000 IU 100%	OTHER INGREDIENTS: natural berry flavor, xanthan gum.	
Vitamin C (as ascorbic acid)	60 mg 100%		
Vitamin D (as ergocalciferol)	400 IU 100%		
Vitamin E (as d-alpha tocopheryl acetate)	30 IU 100%		
Vitamin K (as phytonadione)	80 mcg 100%		
Thiamin (as thiamine hydrochloride)	1.5 mg 100%		
Riboflavin (Vitamin B2)	1.7 mg 100%		
Niacin (Vitamin B3)	23 mg 110%		
Vitamin B6 (as pyridoxine hydrochloride)	2 mg 100%		
Folate (as folic acid)	400 mcg 100%		
Vitamin B12 (as cyanocobalamin)	6 mcg 100%		
Biotin	300 mcg 100%		
Pantothenic Acid (as calcium d-pantothenate)	10 mg 100%		
Calcium (as calcium phosphate)	1,100 mg 110%		
Iron (as citrate)	18 mg 100%		
Phosphorus (as potassium & calcium phosphate)	1,100 mg 110%		
Iodine (as potassium iodide)	160 mcg 110%		
Magnesium (as citrate)	400 mg 100%		
Zinc (as citrate)	15 mg 100%		
Selenium (as citrate)	70 mcg 100%		
Copper (as citrate)	2 mg 100%		
Manganese (as citrate)	2 mg 100%		
Chromium (as citrate)	120 mcg 100%		
Molybdenum (as citrate)	75 mcg 100%		
Sodium	0 mg 0%		
Potassium (as phosphate)	1,500 mg 43%		

SUGGESTED USE: Take one or more servings daily for optimal health and vitality. Mix two level scoops of Vega into one and a half to two cups (12 to 16 fluid ounces) of cold water and shake well. Makes a nutritionally complete and satisfying whole food shake without compromises. For those with smaller appetites, try just half a serving (one scoop). You can also use Vega as a boost to your favorite blended smoothie recipe. As with any high fiber product, start slowly and gradually increase intake over several days. Be sure to drink plenty of water with increased dietary fiber. After opening, store in a cool dry place with lid tightly closed.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



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Made in Canada

