

## 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.



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.

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 meals in liquid form. After extensive

### Use Vega Complete Whole Food Health Optimizer to help:

- Promote optimal health and increase energy and stamina
- Meet 100% of recommended daily intake of vitamins & minerals
- Meet 60% of recommended daily intake of fiber
- Support the development of bones & teeth
- Ensure healthy thyroid and hormonal function
- Enhance digestion and gastrointestinal function
- Preserve good cardiovascular health
- Support eyesight, skin health and immune system
- Maintain proper muscle function
- Encourage healthy weight loss by improving metabolism, increasing feeling of fullness and controlling blood sugar



*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.*

For more information on our award-winning products visit us at [www.myvega.com](http://www.myvega.com)



Read *The Thrive Diet* by Brendan Brazier professional Ironman triathlete and formulator of Vega. [www.brendanbrazier.com](http://www.brendanbrazier.com)

Featuring 100 whole food recipes and a 12 week meal plan, *The Thrive Diet* will show you how plant-based whole foods can improve health, performance and vitality. [www.thrivediet.com](http://www.thrivediet.com)



*Brendan Brazier*



vega

## 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

Vanilla Chai Flavor  
Net Wt. 34.5 oz (979 g)



Whole Food  
Dietary Supplement

## Supplement Facts

Serving size: 2 scoops (65 g)

Servings per container: 15

Amount per Serving %DV*		Amount per Serving %DV*	
<b>Calories</b>	240	<b>ProVega Complete Broad Spectrum Plant-Based Protein Blend:</b>	
Calories from fat	50	(Organic hemp protein, yellow pea protein, organic brown rice protein, whole flax seed)	
<b>Total Fat</b>	6 g 9%	Frutafit Inulin FOS: (from chicory root)	4,000 mg **
Saturated fat	1 g 5%	MacaSure: (Organic Gelatinized Maca Root)	2,500 mg **
Trans fat	0 g 0%	<b>ChlorEssence:</b> (High CGF Cracked Cell Chlorella)	
Polyunsaturated fat	4 g **		2,500 mg **
Monounsaturated fat	1 g **	<b>Omega 3 Essential Fatty Acids</b>	
<b>Cholesterol</b>	0 mg 0%		2,500 mg **
<b>Total Carbohydrate</b>	22 g 7%	<b>Omega 6 Essential Fatty Acids</b>	
Dietary fiber	15 g 60%		1,500 mg **
Sugars	1 g **	<b>Prohydroxy-P Digestive Enzyme Blend:</b>	
<b>Protein</b>	26 g 52%	(protease I, protease II, amylase, lipase, cellulase)	
Vitamin A (as retinyl palmitate)	1,500 IU 100%		200 mg **
Vitamin C (as ascorbic acid)	60 mg 100%	<b>ORAC 800+ Mixed Berry Complex:</b>	
Vitamin D2 (as ergocalciferol)	400 IU 100%	(Wild blueberry, blueberry, black raspberry, cherry, marion berry, blackberry)	
Vitamin E (as d-alpha tocopheryl acetate)	30 IU 100%		200 mg **
Thiamin (as thiamine hydrochloride)	1.5 mg 100%	<b>Dairy-free Probiotic Blend:</b>	
Riboflavin (Vitamin B2)	1.7 mg 100%	(L. Acidophilus; B. Bifidum) providing 1 billion viable cells	
Niacin (Vitamin B3)	23 mg 115%		
Vitamin B6 (as pyridoxine hydrochloride)	2 mg 100%		
Folate (as folic acid)	400 mcg 100%		
Vitamin B12 (as cyanocobalamin)	6 mcg 100%		
Biotin	30 mcg 100%		
Pantothenic Acid (as calcium d-pantothenate)	10 mg 100%		
Vitamin K1 (as phytonadione)	80 mg 100%		
Calcium (as calcium phosphate)	1,100 mg 100%		
Iron (as citrate)	18 mg 100%		
Phosphorus (as potassium & calcium phosphate)	1,100 mg 110%		
Iodine (as potassium iodide)	160 mcg 107%		
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%		

\* Percent Daily Values are based on a 2,000 calorie diet  
\*\* Daily Value not established

**OTHER INGREDIENTS:** natural vanilla and chai flavor, xanthan gum, stevia leaf.

**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 liquid meal without compromises. For those with smaller appetites, try just half a serving (one scoop) as a meal or snack. 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