

VegiDay® Energy from the ground up –
nourishing our world, one meal at a time.

Everyone on our marvelous planet deserves to be well nourished. But as Earth's population continues to grow, how will we feed everyone? The simplest – and most sustainable – route to nourishing the world is to produce food that uses less of the planet's resources. A seed only requires water, some nutrients from the soil, and a whole lot of energy from the sun to become a nourishing plant that can sustain life. Producing animal protein uses far more resources to deliver an equivalent amount of protein. When we choose to replace animal protein with plant protein, even for just one meal a day, we save enough resources to give five more people a serving of plant protein. A diet rich in plants is also better for our health, and better for the environment. VegiDay is part of a growing movement that encourages us to welcome and sustain life by reducing our consumption of animal protein.

Suggested usage: Add 1 scoop (36 g) per day to 11.8 oz (350 ml) of water, juice, or non-dairy beverage and shake or blend until smooth, or use as directed by a health professional.

The best tasting and highest quality organic vegan protein with organic superfoods and Vitamins and Minerals – also available in Decadent Chocolate and French Vanilla.

- Provides 21 g of complete raw vegan protein per serving
- A delicious and convenient boost of plant based nutrition
- A wholesome combination of 6 gluten-free, soy-free, and non-GMO, easy to digest protein sources: pea, sprouted brown rice, pumpkin, quinoa, spirulina, and chlorella
- Organic superfood greens harvested from our farms
- No artificial colors, additives, or sweeteners

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, gluten, yeast, soy, egg, fish, shellfish, animal products, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.



**VEGAN ORGANIC
ALL IN ONE
SHAKE & GO**

Organic Vegan Protein, Organic Greens Harvested from our Farms,
with Vitamins and Minerals

PREMIUM FORMULA

Net Wt 12.7 oz (360 g)
DIETARY SUPPLEMENT



PROTEIN 21 g **FIBER 2 g** **CALORIES 140** **VEGGIES & HERBS 26** **SERVINGS 10** **NATURAL UNFLAVORED**

Supplement Facts

Serving Size 1 Scoop (36 g)
Servings Per Container 10

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	140		Sodium	350 mg	15%
Total Fat	3 g	4%‡	Potassium (citrate)	150 mg	3%
Saturated Fat	1 g	5%‡	Plant Protein:	27.8 g	**
Total Carbohydrates	6 g	2%‡	Organic Pea Protein (<i>Pisum sativum</i>), Organic Sprouted Brown Rice Protein (<i>Oryza sativa</i>), Organic Pumpkin (<i>Cucurbita pepo</i>) (seed), Organic Quinoa (<i>Chenopodium quinoa</i>) (seed), Organic Chlorella (<i>Chlorella vulgaris</i>) (broken cell), Organic Spirulina (<i>Arthrospira platensis</i>) (whole)		
Dietary Fiber	2 g	7%‡	Organic Live Greens Base:	2.7 g	**
Total Sugars	1 g		Alfalfa (<i>Medicago sativa</i>) (leaf), Barley Grass (<i>Hordeum vulgare</i>) (aerial)*, Wheat Grass (<i>Triticum aestivum</i>) (aerial)*, Carrot (<i>Daucus carota</i>) (root), Cilantro (<i>Coriandrum sativum</i>) (aerial), Parsley (<i>Petroselinum crispum</i>) (aerial), Artichoke (<i>Cynara cardunculus</i>) (aerial), Black Radish (<i>Raphanus sativus</i>) (aerial), Dandelion (<i>Taraxacum officinale</i>) (aerial), Kale (<i>Brassica oleracea</i>) (aerial), Celery (<i>Apium graveolens</i>) (aerial), Beet (<i>Beta vulgaris</i>) (aerial and root), Tomato Powder (<i>Solanum lycopersium</i>) (fruit), Broccoli (<i>Brassica oleracea</i>) (flower head), Red Radish (<i>Raphanus sativus</i>) (aerial and root), Cabbage (<i>Brassica oleracea</i>) (leaf), Upland Cress (<i>Barbarea verna</i>) (aerial), Cauliflower (<i>Brassica oleracea</i>) (flower head), Arugula (<i>Eruca sativa</i>) (aerial), Watercress (<i>Nasturtium officinale</i>) (leaf), Basil (<i>Ocimum basilicum</i>) (aerial), Peppers (<i>Capiscum annuum</i>) (aerial), Swiss Chard (<i>Beta vulgaris</i>) (aerial), Spearmint (<i>Mentha spicata</i>) (aerial)		
Protein	21 g		Organic Sunflower Lecithin	500 mg	**
Vitamin A (75% beta-carotene, 25% retinyl palmitate)	3000 mcg	333%	Apple Pectin (<i>Malus domestica</i>) (fruit)	300 mg	**
Vitamin C (calcium ascorbate)	125 mg	199%	Organic Stevia Extract (<i>Stevia rebaudiana</i>) (leaf)	45 mg	**
Vitamin D3 (lichen)	6.25 mcg (250 IU)	31%	Ginger Extract (<i>Zingiber officinale</i>) (root)	15 mg	**
Vitamin E (d-alpha tocopherol) (sunflower)	33.5 mg	223%	Organic Amla Extract (<i>Phyllanthus emblica</i>) (fruit)	5 mg	**
Thiamin (thiamin hydrochloride)	25 mg	2083%			
Riboflavin	15 mg	1154%			
Niacin (niacinamide)	20 mg	125%			
Vitamin B6 (pyridoxal-5-phosphate)	17.5 mg	1029%			
Folate (500 mcg folic acid)	850 mcg DFE	213%			
Vitamin B12 (cyanocobalamin)	50 mcg	2083%			
Biotin	50 mcg	167%			
Pantothenic Acid (calcium D-pantothenate)	25 mg	500%			
Calcium (citrate, ascorbate)	150 mg	12%			
Iodine (potassium iodide)	25 mcg	17%			
Iron	8 mg	44%			
Magnesium (citrate)	50 mg	12%			
Zinc (citrate)	5 mg	45%			

‡ Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.
Not a significant source of Added Sugars.

Other ingredients: Organic vegan creamer blend.

*Selectively harvested as a young grass before seeds develop.

Amino Acid Profile

Per Serving

Alanine	0.6 g
Arginine	1.1 g
Aspartic Acid	1.6 g
Cysteine	0.1 g
Glutamic Acid	2.5 g
Glycine	0.6 g
Histidine	0.3 g
Isoleucine	0.6 g
Leucine	1.1 g
Lysine	1.0 g
Methionine	0.1 g
Phenylalanine	1.0 g
Proline	0.7 g
Serine	0.7 g
Threonine	0.7 g
Tryptophan	0.5 g
Tyrosine	0.5 g
Valine	0.7 g



PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272
Certified Organic by
Quality Assurance International



Purity & Potency
Guaranteed

Recyclable container and label. R0

