

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 (45 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 French Vanilla and Natural Unflavored.

- 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
- With natural source organic flavors

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 15.9 oz (450 g)
DIETARY SUPPLEMENT



PROTEIN
21 g

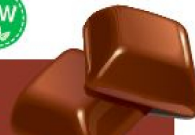
FIBER
2 g

CALORIES
170

VEGGIES
& HERBS
26

SERVINGS
10

DECADENT
CHOCOLATE



Supplement Facts

Serving Size 1 Scoop (45 g)
Servings Per Container 10

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	170		Sodium	370 mg	16%
Total Fat	4 g	8%±	Potassium (citrate)	410 mg	9%
Saturated Fat	1.5 g	8%±	Plant Protein:	27.8 g	**
Total Carbohydrates	13 g	5%±	Organic Pea Protein (Pisum sativum), Organic Sprouted		
Dietary Fiber	2 g	7%±	Brown Rice Protein (Oryza sativa), Organic Pumpkin		
Total Sugars	1 g		(Cucurbita pepo) (seed), Organic Quinoa (Chenopodium		
Protein	21 g		quinoa) (seed), Organic Chlorella (Chlorella vulgaris) (broken		
Vitamin A			cell), Organic Spirulina (Arthrospira platensis) (whole)		
(75% beta-carotene, 25% retinyl palmitate)	3000 mcg	333%	Organic Live Greens Base:	2.7 g	**
Vitamin C (calcium ascorbate)	125 mg	130%	Alfalfa (Medicago sativa) (leaf), Barley Grass (Hordeum		
Vitamin D3 (lichen)	6.25 mcg (250 IU)	31%	vulgaris) (aerial), Wheat Grass (Triticum aestivum) (aerial),		
Vitamin E (d-alpha tocopherol (sunflower))	33.5 mg	223%	Carrot (Daucus carota) (root), Cilantro (Coriandrum sativum)		
Thiamin (thiamin hydrochloride)	25 mg	2083%	(aerial), Parsley (Petroselinum crispum) (aerial), Artichoke		
Riboflavin	15 mg	1154%	(Cynara cardunculus) (aerial), Black Radish (Raphanus		
Niacin (niacinamide)	20 mg	125%	sativus) (aerial), Dandelion (Taraxacum officinale) (aerial),		
Vitamin B6 (pyridoxal-5-phosphate)	17.5 mg	1029%	Kale (Brassica oleracea) (aerial), Celery (Apium graveolens)		
Folate	850 mcg DFE (500 mcg folic acid)	213%	(aerial), Beet (Beta vulgaris) (aerial and root), Tomato Powder		
Vitamin B12 (cyanocobalamin)	50 mcg	2083%	(Solanum lycopersicum) (fruit), Broccoli (Brassica oleracea)		
Biotin	50 mcg	167%	(flower head), Red Radish (Raphanus sativus) (aerial and		
Pantothenic Acid (calcium D-pantothenate)	25 mg	500%	root), Cabbage (Brassica oleracea) (leaf), Upland Cress		
Calcium (citrate, ascorbate)	170 mg	13%	(Barbarea vulgaris) (aerial), Cauliflower (Brassica oleracea)		
Iron	9 mg	50%	(flower head), Arugula (Eruca sativa) (aerial), Watercress		
Iodine (potassium iodide)	25 mcg	17%	(Nasturtium officinale) (leaf), Basil (Ocimum basilicum)		
Magnesium (citrate)	50 mg	12%	(aerial), Peppers (Capsicum annuum) (aerial), Swiss Chard		
Zinc (citrate)	6 mg	55%	(Beta vulgaris) (aerial), Spearmint (Mentha spicata) (aerial)		
			Organic Sunflower Lecithin	500 mg	**
			Apple Pectin		
			(Malus domestica) (fruit)	300 mg	**
			Organic Stevia Extract		
			(Stevia rebaudiana) (leaf)	250 mg	**
			Ginger Extract		
			(Zingiber officinale) (root)	15 mg	**
			Organic Amla Extract		
			(Phyllanthus emblica) (fruit)	5 mg	**

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

Other ingredients: Flavor (organic cocoa, organic chocolate flavor, organic French vanilla flavor, organic natural source flavor), organic vegan creamer blend, organic guar gum.

*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	0.7 g
Proline	0.7 g
Serine	0.7 g
Threonine	0.5 g
Tryptophan	0.1 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



Recyclable container and label.

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