

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.

LOT & EXPIRY 1.3125" x .25" Single Line



VEGAN ORGANIC ALL IN ONE NUTRITIONAL SHAKE

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 21g	FIBER 2g	CALORIES 170	VEGGIES & HERBS 26	SERVINGS 10	DECADENT CHOCOLATE
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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	5%‡	Potassium (citrate)	410 mg	9%
Saturated Fat	1.5 g	8%‡	Plant Protein:	27.8 g	**
Total Carbohydrates	13 g	5%‡	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 lycopersicum</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>Capsicum 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%	Organic Apple Pectin (<i>Malus domestica</i>) (fruit)	300 mg	**
Vitamin C (calcium ascorbate)	125 mg	139%	Organic Stevia Extract (<i>Stevia rebaudiana</i>) (leaf)	250 mg	**
Vitamin D3 (lichen)	6.25 mcg (250 IU)	31%	Organic 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)	170 mg	13%			
Iron	9 mg	50%			
Iodine (potassium iodide)	25 mcg	17%			
Magnesium (citrate)	50 mg	12%			
Zinc (citrate)	6 mg	55%			

‡ 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.

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Amino Acid Profile

Per Serving

Alanine	600 mg
Arginine	1,100 mg
Aspartic Acid	1,600 mg
Cysteine	100 mg
Glutamic Acid	2,500 mg
Glycine	600 mg
Histidine	300 mg
Isoleucine	600 mg
Leucine	1,100 mg
Lysine	1,000 mg
Methionine	100 mg
Phenylalanine	700 mg
Proline	700 mg
Serine	700 mg
Threonine	500 mg
Tryptophan	100 mg
Tyrosine	500 mg
Valine	700 mg



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



**Purity & Potency
Guaranteed**

Recyclable container and label.



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