



All-In-One Nutritional Shake for Optimal Health*

Everything you need in just one serving:

- ✓ **Complete Protein Blend** – Contains 5 different non-GMO plant based proteins providing all the essential amino acids in precise proportions, readily usable by the body, for building and repairing tissue and muscle.*
 - ✓ **Whole Food Complex** – Includes 9 different healthy colorful fruits and vegetables offering naturally occurring polyphenols, antioxidants and flavonoids to support overall wellness.*
 - ✓ **22 Vitamins & Minerals** – Act as catalysts in thousands of biochemical reactions every day to support normal and healthy cell function.*
 - ✓ **Fiber & Omega Blend** – Provides 6 grams of dietary fiber to help keep you regular. Also contains over 200mg of Omega-3 to support a healthy brain, heart and circulatory system.*
 - ✓ **Prebiotics** – Contains 150mg ActivAloe® bioactive polysaccharides that stimulate the growth and maintenance of beneficial intestinal flora.*
 - ✓ **Digestive Enzymes Blend** – Assists in digesting foods more completely for greater absorption of nutrients and the good health that goes with them.*
- NO ACESULFAME K, NO ARTIFICIAL SWEETENERS, NO ARTIFICIAL FLAVORS, COLORS, OR PRESERVATIVES, NO MSG, NO SOY, GLUTEN FREE, NO EGG, NO DAIRY, NO YEAST.
- For complete benefit details, visit www.VeganSmartShake.com

DIRECTIONS (adults): Mix two level scoops of VeganSmart™ All-In-One Nutritional Shake in 9 to 11 ounces of ice-cold water, juice or non-dairy beverage, shake well and enjoy. VeganSmart™ is also a delicious, nutrient-supplementing addition to your favorite smoothie recipe - just blend and enjoy! Take one, or more servings daily for optimal health.* After opening, store in a cool dry place with the lid tightly closed.

CAUTION: If you are using this product for weight loss and have any health problems, or are taking any medications, or are under 18 years of age, or are following a diet recommended by a physician, consult a doctor before starting any diet program. Weight loss greater than 30 pounds, or more than 2 pounds per week in the first week, is unsafe and may cause health problems. Do not use this product as a sole source of nutrition. Always consume at least 1,200 calories per day for optimum health. Do not use this product if you are pregnant, or breastfeeding.

Typical Amino Acids per 43 gram serving (in milligrams):

Alanine	840	Histidine**	490	Proline	860
Arginine	1720	Isoleucine** Δ	920	Serine	1050
Aspartic Acid	2310	Leucine** Δ	1650	Threonine**	730
Cystine	210	Lysine**	1470	Tryptophan**	190
Glutamic Acid	3380	Methionine**	210	Tyrosine	740
Glycine	820	Phenylalanine**	1080	Valine** Δ	1000

** Essential Amino Acids Δ Branched-Chain Amino Acids

*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.



Vegan smart™

All-In-One Nutritional Shake

- Whole Food Complex
- Vitamins
- Omega 3
- Dietary Fiber
- Non-GMO Protein
- Minerals
- Prebiotics
- Digestive Enzymes

GREAT TASTE • LOW CALORIE

15 Servings

20g Non-GMO Protein

6g Dietary Fiber

No Cholesterol

Zero Trans Fat

Dairy & Soy Free

Gluten Free

Naturally Flavored & Sweetened



Supplement Facts

Serving Size: 2 Scoops (43g)
Servings Per Container: About 15

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	160	Iodine (potassium iodide)	75mcg 50%
Calories from Fat	45	Zinc (zinc oxide)	7.5mg 50%
Calories from Saturated Fat	10	Selenium (sodium selenate)	35mcg 50%
Total Fat	5g 8%*	Copper (copper gluconate)	1mg 50%
Saturated Fat	1g 5%*	Manganese (manganese sulfate)	1mg 50%
Trans Fat	0g †	Chromium (chromium chloride)	60mcg 50%
Cholesterol	0mg 0%	Molybdenum (sodium molybdate)	37.5mcg 50%
Total Carbohydrate	14g 5%*	Sodium (sodium chloride and sodium citrate)	240mg 10%
Dietary Fiber	6g 24%*	Potassium (potassium citrate)	120mg 3%
Soluble Fiber	5g †	Complete Protein Blend	23g †
Insoluble Fiber	1g †	Pea Protein Isolate, Quinoa Protein,	
Sugars	1g †	Chia Protein, Potato Protein, Chlorella Protein	
Other Carbohydrate	4g †	Fiber & Omega Blend	6g †
Protein	3g †	Inulin (from Chicory), Flax Seed Powder, Bamboo	
Vitamin A (vitamin A palmitate)	20g 40%	Fiber, Pea Fiber, Apple Fruit Fiber, Borage Oil	
Vitamin C (sodium ascorbate)	2500IU 50%	Vegan Energy Blend	6g †
Vitamin D2 (ergocalciferol)	30mg 50%	Organic Cane Sugar, Sunflower Oil, Medium	
Vitamin K (phylloquinone)	600IU 150%	Chain Triglycerides, Organic Rice Syrup Solids	
Thiamin (thiamin hydrochloride)	40mcg 50%	Whole Food Complex	320mg †
Riboflavin	0.75mg 50%	Apricot Fruit, Mango Fruit, Raspberry Fruit,	
Niacin (niacinamide)	0.85mg 50%	Carrot Root, Pineapple Fruit, Broccoli Flower and	
Vitamin B6 (pyridoxine hydrochloride)	10mg 50%	Stern, Cabbage Leaf, Beet Root, Spinach Leaf	
Folate (folic acid)	1mg 50%	Digestive Enzyme Blend	300mg †
Vitamin B12 (methylcobalamin)	200mcg 50%	Bromelain, Protease, Amylase, Lipase	
Biotin	9mcg 150%	Prebiotics	150mg †
Pantothenic Acid (d-calcium pantothenate)	150mcg 50%	Aloe vera inner leaf (Aloe barbadensis)	
Iron (ferrous fumarate)	5mg 50%		
	9mg 50%		

Other Ingredients: Natural Flavors, Organic Stevia, Xanthan Gum.

MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT & EGGS.



a division of Prevention, LLC Irvine, CA 92614 1-800-421-1830
Made in U.S.A. from domestic and imported ingredients
©2015 Prevention, LLC. ITEM NO. 2802

Learn more about Naturade products at www.naturade.com



L-2802-01EN V12

