



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 11 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 Omega-3 to support a healthy brain, heart and circulatory system.*
 - ✓ **Prebiotics** – Contains 150mg Aloe vera 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, NO NUTS.
- For complete benefit details, visit www.VeganSmart.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.

WARNING: Very low calorie diets (below 400 Calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, or pregnant or nursing women. As with any dietary supplement, consult your physician before using this product, especially if you are pregnant, nursing, anticipate surgery, taking any medications, or are under medical supervision. This product can expose you to lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov. KEEP OUT OF REACH OF CHILDREN.

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

Alanine.....830	Histidine**.....490	Proline.....850
Arginine.....1710	Isoleucine** Δ.....920	Serine.....1030
Aspartic Acid.....2290	Leucine** Δ.....1640	Threonine**.....730
Cystine.....200	Lysine**.....1470	Tryptophan**.....190
Glutamic Acid.....3360	Methionine**.....210	Tyrosine.....730
Glycine.....810	Phenylalanine**.....1060	Valine** Δ.....990

** Essential Amino Acids Δ Branched-Chain Amino Acids

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Each container has an inner seal under the plastic cap that keeps the product fresh and safe. Do not use if seal is broken or missing. This product is sold by weight not by volume. Contents may settle during shipping and handling. Store in a cool, dry place.

*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.



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



DIETARY SUPPLEMENT
NET WT 22.8oz (1.4lb) 645g

WILD BERRIES



Supplement Facts

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

	Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	170		Selenium (as Sodium Selenate)	35mcg	64%
Total Fat	5g	6%*	Copper (as Copper Gluconate)	1mg	111%
Saturated Fat	1g	5%*	Manganese (as Manganese Sulfate)	1mg	43%
Trans Fat	0g	†	Chromium (as Chromium Chloride)	60mcg	171%
Cholesterol	0mg	0%	Molybdenum (as Sodium Molybdate)	37.5mcg	83%
Total Carbohydrate	14g	5%*	Sodium (from Pea Protein, Sea Salt and Sodium Citrate)	610mg	27%
Dietary Fiber	6g	21%*	Potassium (from Potassium Citrate and Pea Protein)	120mg	3%
Soluble Fiber	5g	†	Complete Protein Blend	23g	†
Insoluble Fiber	1g	†	Pea Protein Isolate, Quinoa Protein, Chia Protein, Potato Protein, Chlorella Protein		
Total Sugars	5g	†	Fiber & Omega Blend	6g	†
Includes 4g Added Sugars		8%	Inulin (from Chicory), Flax Seed Powder, Pea Fiber, Bamboo Fiber, Apple Fruit Fiber, Borage Oil		
Protein	20g	24%	Vegan Energy Blend	6g	†
Vitamin A (as Vitamin A Palmitate)	750mcg	83%	Organic Cane Sugar, Sunflower Oil, Medium Chain Triglycerides, Organic Rice Syrup Solids		
Vitamin C (as Sodium Ascorbate)	30mg	33%	Whole Food Complex	740mg	†
Vitamin D (as Ergocalciferol)	15mcg	75%	Blueberry Fruit, Strawberry Fruit, Apricot Fruit, Raspberry Fruit, Carrot Root, Mango Fruit, Pineapple Fruit, Broccoli Flower and Stem, Cabbage Leaf, Beet Root, Spinach Leaf		
Vitamin K (as Phyltonadione)	40mcg	33%	Digestive Enzyme Blend	300mg	†
Thiamin (as Thiamin Hydrochloride)	0.75mg	63%	Bromelain, Protease, Amylase, Lipase		
Riboflavin (Vitamin B2)	0.85mg	65%	Prebiotics	150mg	†
Niacin (as Niacinamide)	10mg	63%	Aloe vera inner leaf (Aloe barbadensis)		
Vitamin B6 (as Pyridoxine Hydrochloride)	1mg	59%			
Folate (as Folic Acid)	340mcg DFE	85%			
Vitamin B12 (as Methylcobalamin)	9mcg	375%			
Biotin (as D-Biotin)	150mcg	500%			
Pantothenic Acid (as D-Calcium Pantothenate)	5mg	100%			
Iron (as Ferrous Fumarate)	9mg	50%			
Iodine (as Potassium Iodide)	75mcg	50%			
Zinc (as Zinc Oxide)	7.5mg	68%			

Other Ingredients: Natural Flavors, Fruit and Vegetable Juice (for Color), Citric Acid, Organic Stevia Leaf Extract, Xanthan Gum.
MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT & EGGS.
Glycemic Index (GI)=27 [Low]

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