

Good for your body and the planet, Vega™ is the clean, plant-based choice to fuel your healthy, active lifestyle—without compromise.*

Complete Daily Essentials to Help You Thrive

- Cover your key nutrient bases for optimal health*
- Provide energy to sustain an active life*
- Help metabolize fats, proteins and carbohydrates*
- Support normal glucose metabolism*
- Develop strong bones and teeth and maintain healthy skin and eyes*
- Facilitate proper muscle function and repair of connective tissue*
- Promote natural, healthy intestinal flora*
- Help support a healthy immune system*

For complete benefit details, visit myvega.com

Directions (adults):

Mix one level scoop of Vega One Nutritional Shake in 1-1.5 cups (250-375 ml) of ice-cold water, juice or non-dairy beverage, shake well and enjoy.

Vega One is also a delicious, nutrient-supplementing addition to your favorite smoothie recipe—just blend and thrive! Take one or more servings daily for optimal health.*

After opening, store in a cool dry place with lid tightly closed.

Formulated by Brendan Brazier:
vegan, professional Ironman triathlete, and bestselling health author on plant-based nutrition.

brendanbrazier.com

Brendan Brazier



Notice to First-Time Users: As with any positive dietary change, some people may experience temporary cleansing-type symptoms including headaches, constipation, diarrhea and nausea when first taking Vega One. To minimize symptoms, start with one-quarter of a serving and gradually increase intake over the next few weeks. Be sure to drink plenty of water (at least 8 cups a day) with increased dietary fiber intake.

Cautions: Consult a health care practitioner prior to use if you are taking blood thinners (due to vitamin K) or if you are pregnant or breastfeeding (due to grape seed extract). People sensitive to niacin may experience mild flushing of the skin. Discontinue use and consult a health care practitioner if you experience the following: hypersensitivity to flax seed; symptoms of digestive upset (e.g., diarrhea) occur, worsen, or persist beyond 3 days; nausea, fever, vomiting, diarrhea or severe abdominal pain; an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).

* These statements have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure or prevent any disease.



PLANT-BASED

vega
one

all-in-one
nutritional
shake
CHOCOLATE

50% DAILY INTAKE VITAMINS & MINERALS
16 g PROTEIN, 6 g FIBER & 1.5 g OMEGA-3
ANTIOXIDANTS, PROBIOTICS & GREENS

dairy, gluten & soy free • no sugar added

dietary supplement

15.4 oz./438 g

Supplement Facts

Serving Size: 1 scoop (1.5 oz./41.7 g) / Servings Per Container: 10

Amount Per Serving	% Daily Value
Calories	146
Calories from fat	33
Total Fat	4 g 6 %*
Polyunsaturated fat	2.5 g †
Total Carbohydrate	11 g 4 %*
Dietary Fiber	6 g 24 %*
Sugars	2 g †
Protein	16 g 32 %
Vitamin A (as vitamin A palmitate)	2,500 IU 50 %
Vitamin C (as calcium ascorbate)	30 mg 50 %
Vitamin D (as ergocalciferol)	200 IU 50 %
Vitamin E (as d-alpha tocopheryl acetate)	15 IU 50 %
Vitamin K (as phytonadione)	40 mcg 50 %
Thiamine (as thiamine HCl)	0.75 mg 50 %
Riboflavin	0.85 mg 50 %
Niacin	11.5 mg 60 %
Vitamin B6 (as pyridoxine HCl)	1 mg 50 %
Folate (as folic acid)	200 mcg 50 %
Vitamin B12 (as cyanocobalamin)	3 mcg 50 %
Biotin	15 mcg 5 %
Pantothenic acid (as calcium pantothenate)	5 mg 50 %
Calcium (as calcium phosphate tribasic)	546 mg 50 %
Iron (as iron pyrophosphate)	9 mg 50 %
Phosphorus (as calcium phosphate tribasic and potassium phosphate dibasic)	550 mg 55 %
Iodine (as potassium iodide)	80 mcg 50 %
Magnesium (as magnesium citrate)	200 mg 50 %
Zinc (as zinc citrate dihydrate)	7.5 mg 50 %
Selenium (as selenium citrate)	35 mcg 50 %

Amount Per Serving	% Daily Value
Copper (as copper citrate)	1 mg 50 %
Manganese (as manganese citrate)	1 mg 50 %
Chromium (as chromium citrate)	60 mcg 50 %
Molybdenum (as molybdenum citrate)	37.5 mcg 50 %
Sodium	140 mg 6 %
Potassium (as potassium phosphate)	750 mg 20 %
Complete Protein Blend	17,155 mg †
Pea protein, SaviSeed™ (sacha inchi) protein, hemp seed protein, sprouted whole grain brown rice protein	
Omega 3 EFA Blend	6,821 mg †
Flax seed, chia seed	
Green Blend	1,500 mg †
Chlorella (cracked cell, high CGF), alfalfa (grass), spinach (leaf), broccoli (floret), kale (leaf)	
Antioxidant Blend (ORAC 1000)	200 mg †
Grape seed extract, maqui berry, goji fruit, acai berry, pomegranate seed, mangosteen fruit	
Probiotic blend	1 billion CFU †
Lactobacillus acidophilus La-14, Bifidobacterium bifidum Bb-06	
Digestive Enzyme Blend	300 mg †
Protease (plant and bacterial), aminopeptidase, HemiSEB (amylase, pectinase, phytase, hemicellulase)	
Organic gelatinized maca root	1,000 mg †
Inulin (from chicory root)	3,360 mg †

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value Not Established.

Other Ingredients: Natural Dutch cocoa powder, natural chocolate and cocoa flavors, stevia leaf extract, xanthan gum.

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