



## 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.\*
- ✓ **Probiotics** – Contains 150mg ActiAloe® 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](http://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: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

### Typical Amino Acids per 42 gram serving (in milligrams):

|                    |      |                 |      |              |      |
|--------------------|------|-----------------|------|--------------|------|
| Alanine            | 851  | Histidine       | 485  | Proline      | 891  |
| Arginine           | 1333 | Isoleucine** &  | 891  | Serine       | 1048 |
| Aspartic Acid      | 2377 | Leucine** &     | 1693 | Threonine**  | 772  |
| Cysteine (cystine) | 198  | Lysine**        | 1438 | Tryptophan** | 198  |
| Glutamic Acid      | 3336 | Methionine**    | 218  | Tyrosine     | 756  |
| Glycine            | 812  | Phenylalanine** | 1089 | Valine** &   | 985  |

\*\* Essential Amino Acids & Branched Chain Amino Acids

### NATURADE QUALITY & PURITY ASSURED SINCE 1926

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
- 20g Non-GMO Protein
- Minerals
- Probiotics
- 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: 15

|                                              | Amount Per Serving | %DV  |                                                                                                                                                                                                    | Amount Per Serving | %DV |
|----------------------------------------------|--------------------|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----|
| <b>Calories</b>                              | 160                |      | <b>Iodine</b> (as potassium iodide)                                                                                                                                                                | 75mcg              | 50% |
| Calories from Fat                            | 36                 |      | <b>Zinc</b> (as zinc oxide)                                                                                                                                                                        | 7.5mg              | 50% |
| Calories from Saturated Fat                  | 10                 |      | <b>Selenium</b> (as sodium selenate)                                                                                                                                                               | 35mcg              | 50% |
| <b>Total Fat</b>                             | 4g                 | 8%*  | <b>Copper</b> (as copper gluconate)                                                                                                                                                                | 1mg                | 50% |
| Saturated Fat                                | 1g                 | 5%*  | <b>Manganese</b> (as manganese sulfate)                                                                                                                                                            | 1mg                | 50% |
| Trans Fat                                    | 0g                 | †    | <b>Chromium</b> (as chromium chloride)                                                                                                                                                             | 60mcg              | 50% |
| <b>Cholesterol</b>                           | 0mg                | 0%   | <b>Molybdenum</b> (as sodium molybdate)                                                                                                                                                            | 37.5mcg            | 50% |
| <b>Total Carbohydrate</b>                    | 14g                | 5%*  | <b>Sodium</b> (as sodium chloride and sodium citrate)                                                                                                                                              | 240mg              | 10% |
| Dietary Fiber                                | 6g                 | 24%* | <b>Potassium</b> (as potassium citrate)                                                                                                                                                            | 120mg              | 3%  |
| Soluble Fiber                                | 5g                 | †    | <b>Complete Protein Blend</b>                                                                                                                                                                      | 23g                | †   |
| Insoluble Fiber                              | 1g                 | †    | Pea Protein Isolate, Quinoa Protein, Chia Protein, Potato Protein, Chlorella Protein                                                                                                               |                    |     |
| Sugars                                       | 5g                 | †    | <b>Fiber &amp; Omega Blend</b>                                                                                                                                                                     | 6g                 | †   |
| Other Carbohydrate                           | 3g                 | †    | Inulin (from Chicory), Flax Seed Powder, Bamboo Fiber, Pea Fiber, Apple Fruit Fiber, Borage Oil                                                                                                    |                    |     |
| <b>Protein</b>                               | 20g                | 40%  | <b>Organic Sweetener Blend</b>                                                                                                                                                                     | 5g                 | †   |
| Vitamin A (as vitamin A palmitate)           | 2500IU             | 50%  | Organic Cane Sugar, Organic Rice Syrup Solids, Organic Stevia                                                                                                                                      |                    |     |
| Vitamin C (as sodium ascorbate)              | 30mg               | 50%  | <b>Whole Food Complex</b>                                                                                                                                                                          | 740mg              | †   |
| Vitamin D2 (as ergocalciferol)               | 600IU              | 150% | Strawberry Powder, Blueberry Powder, Beet Root, Apricot Fruit, Raspberry Powder, Carrot Fruit, Mango Fruit, Pineapple Fruit, Pineapple Fruit, Broccoli Flower and Stem, Cabbage Leaf, Spinach Leaf |                    |     |
| Vitamin E (as phytonadione)                  | 40mcg              | 50%  | <b>Digestive Enzyme Blend</b>                                                                                                                                                                      | 300mg              | †   |
| Thiamin (as thiamin hydrochloride)           | 0.75mg             | 50%  | Bromelain, Protease, Amylase, Lipase                                                                                                                                                               |                    |     |
| Riboflavin                                   | 0.85mg             | 50%  | <b>Probiotics</b>                                                                                                                                                                                  | 150mg              | †   |
| Niacin (as niacinamide)                      | 10mg               | 50%  | Alco vera inner leaf (Aloe barbadensis)                                                                                                                                                            |                    |     |
| Vitamin B6 (as pyridoxine hydrochloride)     | 1mg                | 50%  |                                                                                                                                                                                                    |                    |     |
| Folate (as folic acid)                       | 200mcg             | 50%  |                                                                                                                                                                                                    |                    |     |
| Vitamin B12 (as methylcobalamin)             | 9mcg               | 150% |                                                                                                                                                                                                    |                    |     |
| Biotin                                       | 150mcg             | 50%  |                                                                                                                                                                                                    |                    |     |
| Pantothenic Acid (as d-calcium pantothenate) | 5mg                | 50%  |                                                                                                                                                                                                    |                    |     |
| Iron (as ferrous fumarate)                   | 9mg                | 50%  |                                                                                                                                                                                                    |                    |     |

Other Ingredients: Natural Flavors, Sunflower Oil, Medium Chain Triglycerides, Citric Acid, Fruit and Vegetable Juice (for Color) Xanthan Gum.

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

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Made in U.S.A. from domestic and imported ingredients

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