



Protein & Greens

Plus Fruits & Roots

All-in-One Powder

DIRECTIONS (adults): Mix two level scoops of VeganSmart™

Protein and Greens in 9 to 11 ounces of ice-cold water, juice or non-dairy beverage, shake well and enjoy.

VeganSmart™ Protein and Greens 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.

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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.



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

Alanine	810	Histidine**	480	Proline	820
Arginine	1690	Isoleucine** Δ	910	Serine	1010
Aspartic Acid	2280	Leucine** Δ	1610	Threonine**	700
Cystine	200	Lysine**	1470	Tryptophan**	180
Glutamic Acid	3340	Methionine**	200	Tyrosine	710
Glycine	800	Phenylalanine**	1030	Valine** Δ	980

** Essential Amino Acids Δ Branched-Chain Amino Acids

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.*

GREENS BLEND – Includes 14 different healthy greens/vegetables offering naturally occurring polyphenols, antioxidants and flavonoids to support overall wellness.*

ANTIOXIDANT BLEND – Includes 40 different fruits and roots offering additional naturally occurring polyphenols, antioxidants and flavonoids to those found in the Greens Blend to establish a total ORAC value of 25,000 per serving (Brunswick Labs Certified).*

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 ENZYME BLEND – Assists in digesting foods more completely for greater absorption of nutrients and the good health that goes with them.*

NATURALLY FLAVORED & SWEETENED – Vanilla Crème natural flavoring with organic sweeteners.

CERTIFICATIONS – Certified Vegan by Vegan Action / Certified Low Glycemic Index by Glycemic Index Labs / Certified 25,000 ORAC by Brunswick Labs.

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.LIVEVEGANSMART.COM

15 SERVINGS

20g Plant Protein

25,000 ORAC

6g Dietary Fiber

Omega-3

Digestive Enzymes

Prebiotics

Vitamins & Minerals

Gluten Free

Dairy & Soy Free

No Cholesterol

Diabetic Friendly



PLANT BASED

Protein & Greens

Plus Fruits & Roots

All-in-One Powder



NET WT 22.8oz (1.4lb) 645g

DIETARY
SUPPLEMENT

VANILLA CRÈME
Rich Creamy Taste!

Naturally Flavored & Sweetened

Supplement Facts

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

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	170	Molybdenum (sodium molybdate)	37.5mcg 50%
Calories from Fat	45	Sodium (sodium chloride and sodium citrate)	390mg 16%
Calories from Saturated Fat	10	Potassium (potassium citrate)	190mg 5%
Total Fat	5g 8%*	Complete Protein Blend	23g †
Saturated Fat	1g 5%*	Pea Protein Isolate, Chia Protein, Quinoa Protein, Potato Protein, Chlorella Protein	
Trans Fat	0g †	Fiber and Omega Blend	6g †
Cholesterol	0mg 0%	Inulin (from Chicory), Flax Seed Powder, Pea Fiber, Bamboo Fiber, Apple Fruit Fiber, Borage Oil	
Total Carbohydrate	13g 4%*	Vegan Energy Blend	6g †
Dietary Fiber	6g 24%*	Organic Cane Sugar, Sunflower Oil, Medium Chain Triglycerides, Organic Rice Syrup Solids	
Soluble Fiber	5g †	Greens Blend	1070mg †
Insoluble Fiber	1g †	Matcha Green Tea Leaf (Milled Camellia sinensis), Broccoli Flower and Stem, Spinach Leaf, Organic Spirulina, Parsley Leaf, Cabbage Leaf, Kelp Powder, Alfalfa Powder Concentrated Alfalfa Mineral Complex, Jerusalem Artichoke Extract, Basil Leaf, Oregano Leaf, Kale Leaf, Brussels Sprout Leaf	
Sugars	4g †	Antioxidant Blend	675mg †
Other Carbohydrate	2g †	Carrot Root, Raspberry Fruit, Apricot Fruit, Mango Fruit, Pineapple Fruit, Acai Fruit, Cranberry Fruit, Pomegranate Fruit, Strawberry Fruit, Mangosteen Fruit, Blueberry Fruit, Beet Root, Green Tea Extract, Japanese Knotweed Root Extract, Chlorella Powder, Ginger Root, Ginseng Root, Adzuki Bean, Ginkgo Root Extract, Goji Fruit, Grape Skin Extract, Green Coffee Extract, Onion Bulb Extract, Apple Fruit Extract, Sour Cherry Fruit Extract, Camu Camu Fruit, Quercetin, Tomato Fruit, Turmeric Powder, Garlic Bulb, Cinnamon Bark, Hawthorn Berry Fruit, China Root Extract, Rose Hip, Elderberry Fruit, Blackcurrant Fruit, Sweet Cherry Fruit, Chokeberry Fruit, Blackberry Fruit, Bilberry Fruit Extract	
Protein	20g 40%	Digestive Enzyme Blend	300mg †
Vitamin A (vitamin A palmitate)	2500IU 50%	Bromelain, Protease, Amylase, Lipase	
Vitamin C (sodium ascorbate)	30mg 50%	Prebiotics	150mg †
Vitamin D2 (ergocalciferol)	600IU 150%	Aloe vera inner leaf (Aloe barbadensis)	
Vitamin K (phytonadione)	40mcg 50%		
Thiamin (thiamin hydrochloride)	0.75mg 50%		
Riboflavin	0.85mg 50%		
Niacin (niacinamide)	10mg 50%		
Vitamin B6 (pyridoxine hydrochloride)	1mg 50%		
Folate (folic acid)	200mcg 50%		
Vitamin B12 (methylcobalamin)	9mcg 150%		
Biotin	150mcg 50%		
Pantothenic Acid (d-calcium pantothenate)	5mg 50%		
Iron (ferrous fumarate)	9mg 50%		
Iodine (potassium iodide)	75mcg 50%		
Zinc (zinc oxide)	7.5mg 50%		
Selenium (sodium selenate)	35mcg 50%		
Copper (copper gluconate)	1mg 50%		
Manganese (manganese sulfate)	1mg 50%		
Chromium (chromium chloride)	60mcg 50%		

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

Glycemic Index (GI) = 28 (Low)

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

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