Vega Provides Essential Everyday Nutrition

Combining whole food goodness with fast food convenience, Vega is a convenient and complete source of plant-based whole foods. Easily digested, alkaline-forming and pleasant-tasting, Vega is ideal for anyone looking for a simple, one-stop supplement solution to support optimal health and vitality.

Formulated by Brendan Brazier, vegan, professional Ironman Triathlete and best-selling author on nutrition, Vega is a synergistic collection of Brendan's favorite plant-based superfoods. For years Brendan has thrived by fuelling his body with whole food meals in liquid form. After extensive formulation and testing, Vega is a replica of Brendan's tried-and-true health and performance optimizing shake.

Made without compromises, Vega contains no animal products, dairy, egg, gluten, soy, added sugar, wheat or yeast. Absolutely no artificial colors, flavors, preservatives or sweeteners of any kind and free of GMOs, herbicides and pesticides. Best of all, Vega is clean, green and suitable for those on almost any kind of diet including calorie-reduced, low carb, low glycemic, gluten-free, diabetic, cleansing, elimination and vegetarian/vegan.

Use Vega Complete Whole Food Health Optimizer to help:

- Promote optimal health and increase energy and stamina
- Meet 100% of recommended daily intake of vitamins & minerals
- Meet 60% of recommended daily intake of fiber
- Support the development of bones & teeth
- Ensure healthy thyroid and hormonal function
- Enhance digestion and gastrointestinal function
- Preserve good cardiovascular health
- Support eyesight, skin health and immune system
- Maintain proper muscle function
- Encourage healthy weight loss by improving metabolism, increasing feeling of fullness and controlling blood sugar

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.

For more information on our award-winning products visit us at www.myvega.com

Read The Thrive Diet by Brendan Brazier professional Ironman triathlete and formulator of Vega. www.brendanbrazier.com

Featuring 100 whole food recipes and a 12 week meal plan, The Thrive Diet will show you how plant-based whole foods can improve health, performance and vitality. www.thrivediet.com

Brendan Brazier

vega

Complete Whole Food Health Optimizer

All-in-one, natural plant-based formula

Excellent source of protein, fiber & antioxidants

Provides 100% recommended daily intake of vitamins & minerals

Contains Omega 3 & 6 EFAs, enzymes, probiotics & phytonutrients

Free of common allergens, alkaline-forming & easy to digest

Berry Flavor
Net Wt. 36.3 oz (1029 g)

sequel

Whole Food
Dietary Supplement

Supplement Facts

Serving size: 2 scoops (69 g) — Serving per container: 15

	Amount per Serving	%DV*
Calories	240	
Calories from fat	50	
Total Fat	6 g	9%
Saturated fat	1 g	5%
Trans fat	0 g	0%
Polyunsaturated fat	4 g	* *
Monounsaturated fat	1 g	* *
Cholesterol	0 mg	0%
Total Carbohydrate	22 g	7%
Dietary fiber	15 g	60%
Sugars	1 g	* *
Protein	26 g	52%
Vitamin A (as retinyl palmitate)	1,500 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D2 (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamine hydrochloride)	1.5 mg	100%
Riboflavin (Vitamin B2)	1.7 mg	100%
Niacin (Vitamin B3)	23 mg	115%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	100%
Pantothenic Acid (as calcium d-pantothenate)	10 mg	100%
Vitamin K1 (as phytonadione)	80 mg	100%
Calcium (as calcium phosphate)	1,100 mg	100%
Iron (as citrate)	18 mg	100%
Phosphorus (as potassium & calcium phosphate)	1,100 mg	110%
Iodine (as potassium iodide)	160 mcg	107%
Magnesium (as citrate)	400 mg	100%
Zinc (as citrate)	15 mg	100%
Selenium (as citrate)	70 mcg	100%
Copper (as citrate)	2 mg	100%
Manganese (as citrate)	2 mg	100%
Chromium (as citrate)	120 mcg	100%
Molybdenum (as citrate)	75 mcg	100%
Sodium	0 mg	0%
Potassium (as phosphate)	1,500 mg	43%

	Amount per Serving	%DV*
ProVega Complete Broad Spectrum Plant-Based Protein Blend: (Organic hemp protein, yellow pea protein, organic brown rice protein, whole flax seed)	43,000 mg	* *
Frutafit Inulin FOS: (from chicory root)	4,000 mg	* *
MacaSure: (Organic Gelatinized Maca Root)	2,500 mg	* *
ChlorEssence: (High CGF Cracked Cell Chlorella)	2,500 mg	* *
Omega 3 Essential Fatty Acids	2,500 mg	* *
Omega 6 Essential Fatty Acids	1,500 mg	* *
Prohydroxy-P Digestive Enzyme Blend: (protease I, protease II, amylase, lipase, cellulase)	200 mg	* *
ORAC 800+ Mixed Berry Complex: (Wild blueberry, blueberry, black raspberry, cherry, marion berry, blackberry)	200 mg	* *
Dairy-free Probiotic Blend: (L. Acidophilus; B. Bifidum) providing 1 billion viable cells	83 mg	* *

* Percent Daily Values are based on a 2,000 calorie diet
* * Daily Value not established

OTHER INGREDIENTS: natural berry flavor, xanthan gum, stevia leaf.

SUGGESTED USE: Take one or more servings daily for optimal health and vitality. Mix two level scoops of Vega into one and a half to two cups (12 to 16 fluid ounces) of cold water and shake well. Makes a nutritionally complete and satisfying whole food liquid meal without compromises. For those with smaller appetites, try just half a serving (one scoop) as a meal or snack. You can also use Vega as a boost to your favorite blended smoothie recipe. As with any high fiber product, start slowly and gradually increase intake over several days. Be sure to drink plenty of water with increased dietary fiber. After opening, store in a cool dry place with lid tightly closed.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

GMP Good Manufacturing Practices

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