

Vega Protein & Greens gives you a convenient protein boost you can take on-the-go or as part of a healthy breakfast.

ALL THIS IN EVERY SERVING



20 g MULTISOURCE PLANT-BASED PROTEIN



2 SERVINGS OF GREENS
MADE FROM 1.2 CUPS OF VEGGIES
(ALFALFA, SPINACH, BROCCOLI, KALE)

Directions:

Mix one scoop (30 g) of Vega Protein & Greens in 1 cup of ice-cold water or non-dairy beverage, shake and go! Or blend into your favorite smoothie recipe.

Do not use if seal is broken. After opening, close lid tightly and store in a cool, dry place.



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

Brendan Brazier

Want even more nutrition?

Try Vega One All-In-One Nutritional Shake with protein and greens PLUS vitamins, minerals, fiber, Omega-3, antioxidants and probiotics all in one scoop.



PLANT-BASED

vega™

protein & greens

VANILLA FLAVOR

20 g PROTEIN | 2 SERVINGS OF GREENS | 110 CALORIES

GLUTEN-FREE | NO SUGAR ADDED | NON-GMO

DRINK MIX

Net Wt. 21.7 oz. (614 g) POWDER natural flavors



Nutrition Facts

Serving Size: 1 scoop (30g)
Servings Per Container: Approx. 21

Amount Per Serving		% Daily Value*	
Calories	110	Calories from Fat	0
Total Fat	<0.5g		0%
Saturated Fat	<0.5g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	190mg		7%
Total Carbohydrate	6g		2%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	20g		40%
Vitamin A	0%	Vitamin C	0%
Calcium	20%	Iron	30%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Typical Amino Acid Profile of Protein (Per 30g Serving)

Alanine	790mg
Arginine	1,629mg
Aspartic Acid	2,090mg
Cysteine	192mg
Glutamic Acid	3,110mg
Glycine	902mg
Histidine	421mg
Isoleucine	842mg
Leucine	1,578mg
Lysine	1,480mg
Methionine	208mg
Phenylalanine	950mg
Proline	680mg
Serine	965mg
Threonine	693mg
Tryptophan	227mg
Tyrosine	683mg
Valine	937mg

INGREDIENTS: VEGA PROTEIN BLEND (PEA PROTEIN, SAVISEED™ [SACHA INCHI] PROTEIN, HEMP SEED PROTEIN, SPROUTED WHOLE GRAIN BROWN RICE PROTEIN), NATURAL FRENCH VANILLA FLAVORS, VEGA GREEN BLEND (ORGANIC ALFALFA GRASS POWDER, SPINACH POWDER, BROCCOLI POWDER, ORGANIC KALE POWDER), PAPAYA CONCENTRATE POWDER. (CONTAINS NATURALLY OCCURRING ENZYMES), STEVIA LEAF EXTRACT, XANTHAN GUM.



This bottle is made from 100% post-consumer recycled plastic (excluding colorant). For more information: journeytozero.com



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