

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



20g MULTISOURCE  
PLANT-BASED PROTEIN



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

#### Directions:

Mix one scoop (29g) 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](http://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

BERRY FLAVOR

20g PROTEIN | 2 SERVINGS OF GREENS | 110 CALORIES

GLUTEN-FREE | NO SUGAR ADDED | NON-GMO

DRINK MIX

Net Wt. 21.5 oz. (609 g) POWDER natural flavors



## Nutrition Facts

Serving Size: 1 scoop (29g)  
Servings Per Container: Approx. 21

Amount Per Serving		% Daily Value*	
<b>Calories</b> 110	Calories from Fat 0		
<b>Total Fat</b> <0.5g		<b>0%</b>	
Saturated Fat <0.5g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 190mg		<b>8%</b>	
<b>Total Carbohydrate</b> 5g		<b>2%</b>	
Dietary Fiber 1g		<b>4%</b>	
Sugars 2g			
<b>Protein</b> 20g		<b>40%</b>	
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



8 38766 00642 0 QAREV1 LAB00642V1

### Typical Amino Acid Profile of Protein (Per 29g Serving)

Alanine	763mg
Arginine	1,575mg
Aspartic Acid	2,020mg
Cysteine	185mg
Glutamic Acid	3,007mg
Glycine	872mg
Histidine	407mg
Isoleucine	814mg
Leucine	1,526mg
Lysine	1,430mg
Methionine	201mg
Phenylalanine	919mg
Proline	658mg
Serine	933mg
Threonine	669mg
Tryptophan	219mg
Tyrosine	660mg
Valine	906mg

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



Distributed by:  
SEQUEL NATURALS LTD.  
101 - 3001 Wayburne Drive  
Burnaby, BC, Canada  
V5G 4W3 • 1.866.839.8863  
Made in Canada

[myvega.com](http://myvega.com)

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