

MADE WITH  
**REAL PLANT-BASED  
 FOOD INGREDIENTS**

We believe in putting good in to get good out. That's why we've packed Vega One All-in-One Shake with far more than just protein. Full of real, organic, plant-based ingredients, Vega One harnesses the power of plants to help you supercharge your day, deliciously.



**THE VEGA ONE  
 PROMISE**



GLUTEN  
 FREE



NO  
 GRAINS



VEGAN



NO ADDED  
 SUGAR



NO ARTIFICIAL  
 COLORS,  
 FLAVORS, OR  
 PRESERVATIVES



NOT A LOW CALORIE FOOD.  
 SEE NUTRITION FACTS PANEL  
 FOR CALORIE, SUGAR, AND FAT INFORMATION.

NET WT 24.3 OZ (1 LB 8.3 OZ) 688g

PLANT-BASED  
**vega**

**ONE  
 ALL-IN-ONE  
 SHAKE**



**BERRY  
 FLAVORED**

**NEW**  
 USDA  
 ORGANIC  
 — AND —  
 GREAT  
 NEW  
 TASTE



DRINK MIX  
 APPROX. 18 SERVINGS  
 \*PER 38g SERVING

500mg OMEGA-3 ALA\* | 4g FIBER\* | 50% DAILY VALUE VITAMINS\* | GREENS | PROTEIN\* 20g | VITAMINS A & C ANTIOXIDANTS | 2 BILLION CFU BACILLUS COAGULANS PROBIOTICS\* | 140 CALORIES\* | 1g SUGAR\*

**PROTEIN** 20g of plant-based protein from peas, sunflower & pumpkin seeds

**ANTIOXIDANTS** Excellent source of vitamin C from acerola juice & vitamin A from carrot juice

**GREENS** Ingredients made from Earthbound Farm® organic greens



*Brendan Brazier*

**BRENDAN BRAZIER: VEGA CO-FOUNDER AND ORIGINAL FORMULATOR. FORMER PROFESSIONAL IRONMAN TRIATHLETE & BESTSELLING AUTHOR.**

"NO ONE CAN IMPROVE ON THE POWER OF REAL, NUTRIENT DENSE PLANT-BASED FOODS. VEGA GREW FROM MY GOAL: TO MAKE PLANT-BASED NUTRITION EASIER FOR BUSY PEOPLE. SINCE 2004, VEGA HAS BROUGHT REAL, PLANT-BASED FOOD INGREDIENTS TOGETHER IN PURPOSEFUL COMBINATIONS TO HELP YOU GET THE NUTRITION YOUR BODY WANTS, WITHOUT COMPROMISE."

**Nutrition Facts**

Serving Size: 1 scoop (38g)  
 Servings Per Container: Approx. 18

Amount Per Serving	% Daily Value*
<b>Calories</b> 140	Calories from Fat 45
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Potassium</b> 280mg	<b>8%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein</b> 20g	<b>24%</b>

Vitamin A	60%	Vitamin C	50%
Calcium	15%	Iron	30%
Vitamin D	50%	Vitamin K	100%
Thiamin	50%	Riboflavin	50%
Niacin	50%	Vitamin B6	50%
Folate	8%	Vitamin B12	35%
Biotin	6%	Pantothenic Acid	30%
Phosphorus	15%	Magnesium	8%
Zinc	2%	Manganese	20%

\* 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** PEA PROTEIN†, VEGA ONE VEGGIES AND FRUITS BLEND† (CARROT JUICE POWDER†, SPINACH POWDER†, ACEROLA CHERRY JUICE POWDER†, CHARD POWDER†, KALE POWDER†, LETTUCE POWDER†, POMEGRANATE JUICE POWDER†, BLUEBERRY JUICE POWDER†, ACAI POWDER†), GOLDEN FLAXSEED†, PEA STARCH†, AGAVE INULIN POWDER†, NATURAL FLAVORS, SPIRULINAT, QUINOA SPROUTS† (SPROUTED IN WATER WITH VITAMINS B1, B2, B3, B5, B6, AND B7), CHIA SEED POWDER†, MACA ROOT POWDER†, SUNFLOWER SEED PROTEIN†, PUMPKIN SEED PROTEIN†, SACHA INCHI POWDER†, STEVIA EXTRACT†, PROBIOTICS (BACILLUS COAGULANS), MALIC ACID, XANTHAN GUM, BROMELAIN, CITRIC ACID, MUSHROOM POWDER†. †ORGANIC MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUTS, DAIRY, SOY, EGG, AND TREE NUTS.

DISTRIBUTED BY: SEQUEL NATURALS ULC  
 101 - 3001 WAYBURNE DRIVE, BURNABY, BC  
 CANADA V5G 4W3 • 1.866.839.8863

CERTIFIED ORGANIC BY QAI

**SHAKE IT!**  
 Mix one level scoop of Vega One All-in-One Shake in 1.5 cups (12 fl oz.) of ice-cold water or your choice of beverage.

**BLEND IT!**  
 Mix one level scoop of Vega One All-in-One Shake into your favorite smoothie recipe.

**BAKE IT!**  
 Swap Vega One All-in-One Shake for 1/8 to 1/4 of the flour in sweet baking recipes.

visit us:  
 @vegatteam myvega.com

DO NOT USE IF SEAL IS BROKEN. STORE IN A COOL, DRY PLACE AWAY FROM DIRECT LIGHT. PRODUCT CONTAINS SILICA PACKET TO MAINTAIN PRODUCT FRESHNESS. DO NOT CONSUME.

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