

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 Organic 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.



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."

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 25.0 OZ (1 LB 9 OZ) 678g

500mg

OMEGA-3 ALA*

4g

FIBER*

FROM 8 VITAMINS

50%[†] DAILY
VALUE

VITAMINS*



GREENS

PROTEIN*

20g

ANTIOXIDANTS

A & C

2 BILLION

PROBIOTICS*

140

CALORIES*

1g

SUGAR*

PLANT-BASED
vega®

ONE ORGANIC ALL-IN-ONE SHAKE



CHOCOLATE MINT FLAVORED



DRINK MIX
ABOUT 17 SERVINGS
*PER 40g SERVING

NEW FLAVOR

— AND —

TASTE YOU'LL LOVE

Nutrition Facts

Serving Size: 1 scoop (40g)

Servings Per Container: About 17

Amount Per Serving

Calories 140 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 250mg 10%

Potassium 280mg 8%

Total Carbohydrate 9g 3%

Dietary Fiber 4g 16%

Sugars 1g

Protein 20g 23%

Vitamin A 50% • Vitamin C 50%

Calcium 15% • Iron 30%

Vitamin D 50% • Vitamin K 70%

Thiamin 50% • Riboflavin 50%

Niacin 50% • Vitamin B₆ 50%

Folate 8% • Vitamin B₁₂ 15%

Biotin 6% • Pantothenic Acid 35%

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†, COCOA POWDER† (PROCESSED WITH ALKALI), 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†, NATURAL FLAVORS, AGAVE INULIN POWDER†, QUINOA SPROUTS† (SPROUTED IN WATER WITH VITAMINS B1, B2, B3, B5, B6, AND B7), CHIA SEED POWDER†, SUNFLOWER SEED PROTEIN†, PUMPKIN SEED PROTEIN†, SPIRULINAT, SACHA INCHI POWDER†, STEVIA EXTRACT†, MACA ROOT POWDER†, PROBIOTICS (BACILLUS COAGULANS), XANTHAN GUM, SEA SALT, BROMELAIN, 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 Organic 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 Organic All-in-One Shake into your favorite smoothie recipe.



BAKE IT!

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



visit us:

@vegateam

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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