



Just 1 serving of Vega equals...



Vitamin E = 23 Cups of Spinach



Probiotics = 100g of Probiotic Yogurt



Chlorophyll = 1 Head of Lettuce



Protein = 4 farm fresh Eggs

vega



Calcium = 5 cups of Milk



Fiber = 7 Slices of Whole Wheat Bread



Potassium = 6 Bananas



Iron = 29 Oz. of Beef



Antioxidants = 1 Cup of Blueberries



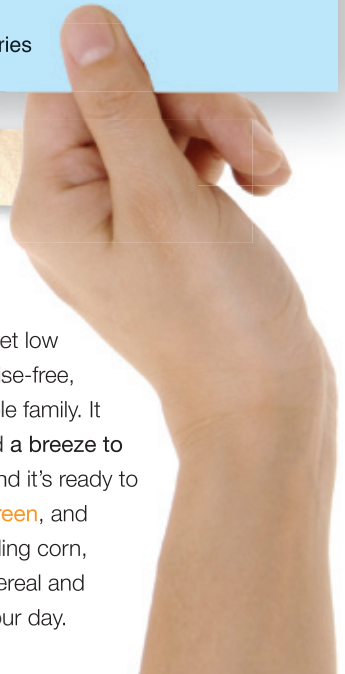
Omega 3 = 6 Oz. Wild Salmon

plus

100% RDI
VITAMINS &
MINERALS

Optimize Your Health!

Made exclusively from natural plant-based superfoods, Vega combines whole food goodness with fast food convenience. Packed with nutrients, yet low in calories, Vega provides a compromise-free, complete meal alternative for the whole family. It is easy to digest, alkaline-forming and a breeze to prepare; just add water, shake it up and it's ready to drink. Best of all, Vega is clean and green, and contains no common allergens including corn, dairy, gluten and soy. So move over cereal and toast - Vega is a better way to start your day.



How Does Your Breakfast Stack Up?

Gram for gram Vega provides many times the fiber, Omega 3, greens, vitamins & minerals than other breakfast choices, with only a fraction of the calories.

COMPARE
Breakfasts

		Traditional Breakfast ¹	Light Breakfast ²	Vega Breakfast
Serving Size	g	333	595	69
Calories	Cal	851	575	240
Protein	g	33	20	26
Carbs	g	58	104	22
Sugar	g	5	37	1
Fiber	g	4	6	15
Omega 3	mg	429	100	2500
Saturated Fat	g	19	7	1
Cholesterol	mg	473	44	0
Sodium	mg	1595	850	0
Vitamin A	iu	721	2564	5000
Vitamin C	mg	10	10	60
Vitamin B12	mcg	2	6	6
Calcium	mg	176	513	1100
Iron	mg	6	14	18
Greens	mg	0	0	2500

1. Traditional breakfast = 2 eggs, 2 sausage links, 2 slices bacon, potatoes and 1 slice of toast.
 2. Light Breakfast = 1 cup milk, 70g cereal, 1 cup yogurt and 1/2 banana.
 Data sourced from USDA's National Nutrient Database for Standard Reference www.ars.usda.gov

Choosing to start your day with Vega will provide your body with a host of amazing benefits. 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



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.