



ENERGY • STAMINA • MENTAL FOCUS • RECOVERY

Ingredients and Nutrition Facts

MEDICINAL INGREDIENTS PER SERVING (18G):

Coconut Oil (*Cocos nucifera*) seed, 500 mg; Kombucha (fermented *Camellia sinensis*) leaf, 500mg; Yerba Mate (*Ilex paraguariensis*) leaf, 167 mg; Green Tea (*Camellia sinensis*) leaf, 100 mg; Rhodiola (*Rhodiola rosea*) root [3% rosavin], 100mg; Ginseng (*Panax ginseng*) root [4% ginsenosides], 100 mg; Devil's Claw (*Harpagophytum procumbens*) root, 150 mg; Turmeric (*Curcuma longa*) root [95% curcuminoids], 53 mg; Ginger (*Zingiber officinale*) root [5% gingerols], 10 mg; Sodium (Sodium citrate), 57.5 mg; Potassium (Potassium citrate), 50 mg.

ACAI BERRY. NON-MEDICINAL INGREDIENTS: Organic sprouted whole grain brown rice syrup, organic palm nectar, acai, pomegranate, blackberry, strawberry, raspberry, organic red beet, citric and malic acid.

ACAI BERRY. NUTRITION FACTS: Per 1 serving (18g): Calories 70, Fat 0.5g (1%), Saturated 0g + Trans 0g, Cholesterol 0mg, Carbohydrate 16g (5%), Fiber 0g, Sugars 13g, Protein 0g, Vitamin A (0%), Vitamin C (4%), Calcium (2%), Iron (2%).

LEMON LIME. NON-MEDICINAL INGREDIENTS: Organic sprouted whole grain brown rice syrup, organic palm nectar, beta carotene, organic spinach leaf, natural lemon flavor, natural lime flavor, citric and malic acid.

LEMON LIME. NUTRITION FACTS: Per 1 serving (18g): Calories 70, Fat 0.5g (1%), Saturated 0g + Trans 0g, Cholesterol 0mg, Carbohydrate 16g (5%), Fiber 1g (4%), Sugars 12g, Protein 0g, Vitamin A (8%), Vitamin C (4%), Calcium (2%), Iron (4%).

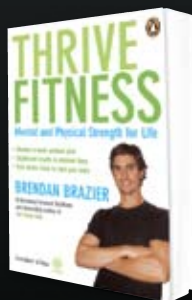
FUEL YOUR LIFE

VEGA SPORT PERFORMANCE OPTIMIZER

Vega Sport was formulated by Brendan Brazier, professional Ironman triathlete and bestselling author on performance nutrition.

Read Brendan's new book **Thrive Fitness** (Penguin 2009). Available at bookstores everywhere and online.

brendanbrazier.com



Vega Sport Performance Optimizer is available in lemon-lime and acai-berry flavours in convenient single serving pouches and economical 30 serving bottles.



MADE IN CANADA

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Sport

PERFORMANCE OPTIMIZER

Vega Sport Performance Optimizer

Sporting a unique and mostly organic combination of natural plant-based ingredients, Vega Sport was formulated to significantly enhance physical and mental performance.

All ingredients are purpose-driven and complementary, each playing an important individual role in enhancing a specific aspect of performance. Yet, when combined, the ingredients work synergistically to boost performance more significantly than the sum of the individual parts.

Free of common allergens including gluten, dairy and soy and containing over 85% organic ingredients, Vega Sport will help take you and your athletic achievements to the next level, safely and naturally.

Vega Sport Performance Optimizer provides the following key performance enhancing benefits:

- Provides immediate and sustaining energy
- Increases endurance, aerobic and anaerobic capacity
- Enhances mental focus and motor performance
- Reduces stress and enhances immune system function
- Replenishes electrolytes lost during exercise
- Reduces inflammation, joint and muscle pain
- Improves body composition and reduces body fat
- Supports healthy weight management



"I FORMULATED VEGA SPORT TO HELP ANYONE, FROM SOCCER MOM TO PROFESSIONAL ATHLETE, IMPROVE THEIR ATHLETIC AND MENTAL PERFORMANCE."

Brendan Brazier

BRENDAN BRAZIER

Key Ingredients

COCONUT OIL. Prized for its rich source of medium chain triglycerides (MCTs), coconut oil is a raw healthy fat, which goes straight to the liver to provide near-instant fuel and helps the body access and burn body fat as fuel to improve body composition.

KOMBUCHA. A popular health elixir in Asia, kombucha is a fermented tea, rich in organic acids, active enzymes, amino acids, and antioxidants. It acts as a natural muscle relaxant, helping muscles move with greater fluidity and ease and also detoxifies the liver which helps speed up recovery.

GREEN TEA. Packed with powerful antioxidants which improve immune system function, green tea provides a natural source of caffeine which lightly stimulates the adrenal glands and heightens mental focus. Green tea has also been shown to assist fat metabolism which can reduce body fat over time.

YERBA MATE. Yerba mate is rich in antioxidants, chlorophyll and trace minerals. It aids in digestion and boosts mental and physical performance through mild stimulation of the adrenal glands. Unlike coffee, yerba mate will not cause 'jitters' nor dehydration.

RHODIOLA EXTRACT (3% ROSAVIN). Rhodiola is proven to improve mood, physical and mental performance. It helps increase blood flow capacity which reduces energy requirements placed on the cardiovascular system. Rhodiola also enhances recovery by normalizing heart rate and improving protein synthesis post-workout.

GINGER EXTRACT (5% GINGEROLS). Ginger reduces inflammation, improves digestion, and has blood thinning properties. Since one marker of improved fitness is an increase in red blood cells, (which causes the blood to become thicker), ginger can also help promote ideal blood viscosity.

TURMERIC EXTRACT (95% CURCUMINOIDS). Turmeric protects the liver and heart and increases circulation to enhance delivery of blood and oxygen to working muscles. It also rich in antioxidants and reduces inflammation, joint and muscle pain to enhance recovery post-workout.

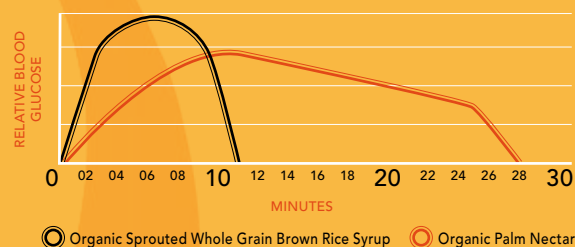
PANAX GINSENG EXTRACT (4% GINSENOSESIDES). A powerful adaptogen, ginseng strengthens the immune system and improves adrenal function, reducing stress and cortisol levels without stimulation. It also boosts energy, allows the body to be physically pushed further while delaying the onset of muscle fatigue.

DEVIL'S CLAW EXTRACT (6:1). Devil's claw helps prevent inflammation and promotes joint vitality and fluid muscle contractions. A safe alternative to synthetic analgesics, devils claw has also been shown to temporarily dull pain receptors, allowing the athlete to push harder to achieve a higher level of performance.

SODIUM & POTASSIUM CITRATE. Sodium and potassium are electrolytes which play a vital role in optimal hydration. The correct balance of electrolytes and fluid will enhance muscle function, heart efficacy, and mental sharpness and help prevent muscle cramps.

VEGA SPORT CARBS OFFER BETTER ENERGY BOOSTS

The synergistic combination of high GI brown rice syrup and low GI palm nectar in Vega Sport provides immediate and sustained energy, increased stamina and enhanced physical and mental performance.



ORGANIC SPROUTED WHOLE GRAIN BROWN RICE SYRUP. Sprouted whole grain brown rice syrup undergoes a proprietary germination process which converts the starch in rice to an easily-assimilated form of fuel that enters the bloodstream quickly while requiring minimal digestive energy. Sporting a high glycemic index (90), it provides immediate fuel to the brain and working muscles.

ORGANIC PALM NECTAR. Organic palm nectar comes from the blossoms of the tropical coconut palm, providing a clean-burning fuel that is easily absorbed and utilized by the brain and muscles. Entering the bloodstream at a slow and steady rate, it provides sustaining energy with a very low glycemic index (35) that will not cause an insulin spike or crash.