

STRENGTHEN • TONE • REPAIR • REGENERATE

Ingredients and Nutrition Facts

MEDICINAL INGREDIENTS PER SERVING (27G):


ProVega Complete Broad Spectrum Plant-Based Protein Blend: 21,300 mg {Organic Sprouted Whole Grain Brown Rice Protein (*Oryza sativa*); Organic Green Pea Protein (*Pisum sativum*); Hemp Protein (*Cannabis sativa*); Organic Alfalfa Juice Protein (*Medicago sativa*); Spirulina (*arthrospira platensis*)}, Branched Chain Amino Acid Complex: 2,000 mg {L-Leucine 1,000 mg; L-Isoleucine 500 mg; L-Valine 500 mg}, L-Glutamine 1,667 mg, Digestive Enzyme Blend: 340 mg {Protease (plant) 22,500 USP PU; Protease (bacterial); 19,500 FCC PC, Aminopeptidase 19,500 FCC HUT, Hemicellulase 800 HSU}.

BERRY. NON-MEDICINAL INGREDIENTS: Natural berry flavor, citric acid, malic acid, tartaric acid, stevia leaf extract.

BERRY. NUTRITION FACTS: Per 1 serving (27g): Calories 100, Fat 1g (2%), Saturated 0.2g + Trans 0g, Cholesterol 0mg, Sodium 135 mg(6%), Carbohydrate 4g (1%), Fiber 2g (8%), Sugars 2g, Protein 20g, Vitamin A (15%), Vitamin C (10%), Calcium (4%), Iron (60%).

VANILLA. NON-MEDICINAL INGREDIENTS: Natural vanilla flavor, stevia leaf extract.

VANILLA. NUTRITION FACTS: Per 1 serving (27g): Calories 110, Fat 1g (2%), Saturated 0.3g (2%) + Trans 0g, Cholesterol 0mg, Sodium 140 mg(6%), Carbohydrate 5g (2%), Fiber 2g (8%), Sugars 2g, Protein 20g, Vitamin A (15%), Vitamin C (4%), Calcium (4%), Iron (60%).

 5000 mg BCAAs per serving



MADE IN CANADA

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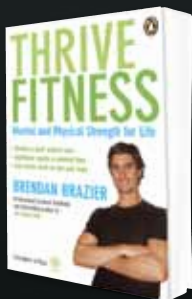
FUEL YOUR LIFE

VEGA SPORT PERFORMANCE PROTEIN

"I formulated Vega Sport to help anyone, from soccer mom to professional athlete, improve their athletic and mental performance."

Enjoy! 

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



brendanbrazier.com

Vega Sport Performance Protein is available in Berry and Vanilla flavors in convenient single serving pouches and economical 30 serving bottles.



DRIVE
PHYSICALITY
GRIT
INNER BEING
COMMITMENT
FUEL YOUR...
MUSCLE
AMBITION
DETERMINATION
POWERHOUSE
SUCCESS
FLEXIBILITY
DESTINY

Brendan Brazier
Pro Ironman triathlete, bestselling author on nutrition and formulator of Vega Sport Performance Protein.

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Sport

PERFORMANCE PROTEIN

Vega Sport Performance Protein

Introducing Vega Sport Performance Protein: A broad-spectrum formulation of synergistic, complementary plant-based ingredients, each chosen with a specific purpose in mind. Taken regularly in conjunction with exercise, Vega Sport Performance Protein will help strengthen, tone, repair and regenerate your body for improved health and performance.

Formulated by Brendan Brazier, professional Ironman triathlete and bestselling author on performance nutrition, Vega Sport Performance Protein:

- ✓ Improves exercise performance
- ✓ Maintains strength during workouts
- ✓ Increases muscle protein synthesis
- ✓ Develops and maintains bone strength
- ✓ Assists in muscle cell repair after exercise
- ✓ Reduces inflammation, soreness and fatigue
- ✓ Reduces length of recovery between training
- ✓ Provides immune support following exercise

Whereas most protein powders are acid-forming, causing inflammation that reduces muscular strength, endurance and functionality and slows recovery; Vega Sport Performance Protein is 100% plant-based, alkaline-forming and provides a complete balanced array of essential and non essential amino acids. And did we mention it tastes great and mixes instantly in water too?

Plant-based Protein

Not so long ago, it was widely believed that only animal sources of protein were valuable. Today, health experts worldwide recommend plant-based protein as essential to good health and as prevention against cancer, heart disease, obesity, and diabetes, plant-based protein sources have become a cornerstone of a healthy diet.

Furthermore, the World Health Organization (WHO) is strongly encouraging the substitution of animal-based proteins for plant-based options as considerably less arable land, water, and fossil fuel is needed to grow plant-based proteins than what is required to produce animals - and animal byproducts - as a source of protein.



Key Ingredients

ORGANIC SPROUTED WHOLE GRAIN BROWN RICE PROTEIN. Raw and sprouted for exceptional digestibility (98%), our unique brown rice protein includes the bran, germ and endosperm of the whole rice grain. It is a complete and bioavailable protein (PDCAAS = 1) sporting a 96% correlation to whey protein and 98% correlation to human milk. Organically grown and produced via a proprietary, low temperature enzymatic biofermentation process, our rice protein is made without any chemicals, acids or solvents.

ORGANIC GREEN PEA PROTEIN. Pea is one of the best plant based sources of protein for human consumption due to its rich amino acid profile and bioavailability. Particularly high in pea protein is lysine, an essential amino acid that helps convert fatty acids into energy, reduce LDL (bad) cholesterol, enhances calcium absorption and promotes collagen formation. Our green pea protein is chlorophyll-rich, alkaline-forming, highly digestible and organically grown and processed.

HEMP PROTEIN. Raw, alkaline-forming and complete, hemp protein contains all the amino acids, including all eight essential amino acids. Because it is comprised of primarily edestin and albumin, two of the most common types of proteins found in the human body, hemp protein is very easy to digest and assimilate. Clean and green, hemp protein is also a quality source of arginine, histidine, branch-chained amino acids and Omega 3 & 6 essential fatty acids.

ORGANIC ALFALFA JUICE PROTEIN. Our alfalfa juice protein comes from young alfalfa plants, harvested at their peak and gently processed to maintain optimal nutritional properties. A raw, alkaline-forming and easily digestible source of complete protein, alfalfa juice protein is rich in chlorophyll and xanthophyll and provides all the essential and non essential amino acids plus 21 vitamins and minerals including beta carotene, vitamin E, B vitamins, calcium, magnesium and zinc.

SPIRULINA. Exceptionally nutrient-dense, spirulina is a freshwater blue green algae that contains over 60% protein, among the highest of any food. Grown without pesticides or herbicides, spirulina yields 20 times more protein per acre than soybeans and 200 times more than beef. Raw, alkaline-forming and sporting a rich array of vitamins, minerals and phytonutrients, spirulina protects from oxidant stress, supports the immune system and reduces inflammation.

BRANCH CHAIN AMINO ACIDS (BCAAs). Among the most vital for enhanced athletic performance are the essential branch chain amino acids leucine, isoleucine and valine as they cannot be made by the body and must be acquired through food. BCAAs are also metabolized in muscle tissue, rather than in the liver for faster utilization and they are proven to increase strength, endurance and muscle synthesis, enhance recovery, reduce muscle soreness and inflammation and improve energy and mood.

GLUTAMINE. Proven to support and enhance recovery after training, glutamine is the most abundant amino acid found in the body. Because your body will digest its own muscle to get glutamine, supplementing with this amino acid during times of heavy training or dieting is key to preventing muscle catabolism. Used in conjunction with proper training, glutamine can produce exceptional results in strength, muscle growth, and accelerated fat loss.

DIGESTIVE ENZYMES. Our unique digestive enzyme blend was specially formulated to enhance the digestibility, absorption and overall nutrition of our ProVega plant-based protein blend. We included plant and bacterial based proteolytic enzymes, aminopeptidase and hemicellulase to help eliminate any side effects like gas, bloating and discomfort. It also helps reduce inflammation, speed up recovery after exercise, and maintain strength during workouts.

Amino Acid Profile

	g per serving
Alanine	0.76
Arginine	1.35
Aspartic Acid	1.62
Cystine	0.25
Glutamic Acid	4.44
Glycine	0.66
Histidine	0.38
Isoleucine	1.24
Leucine	2.35
Lysine	0.95
Methionine	0.34
Phenylalanine	0.95
Proline	0.70
Serine	0.79
Threonine	0.64
Tryptophan	0.18
Tyrosine	0.74
Valine	1.42



30 DAYS TO OPTIMUM HEALTH AND VITALITY.

Learn how to achieve long-term health and enhance performance through plant-based whole foods by subscribing to this free on-line program. Consisting of brief, informative video lessons from Brendan Brazier, this program is ideal for vegans, vegetarians and omnivores alike!

It's free so sign up today!

thrivein30.com