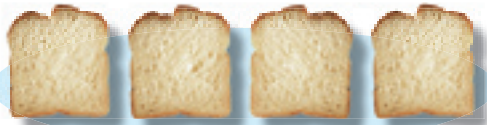


Protein = 4 Large Eggs



Fiber = 4 Slices of Whole Wheat Bread



Calcium = 8 oz. of Milk



Chlorophyll = 1 Head of Lettuce



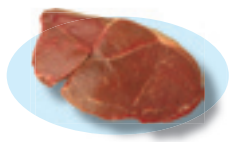
Omega 3 = 8 oz. of Wild Salmon



Magnesium = 2 oz. Almonds



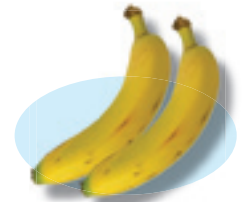
Vitamin E = 3 Cups of Spinach



Iron = 4 oz. Beef



Antioxidants = 1 Cup of Blueberries



Potassium = 2 Bananas

How does your Breakfast stack up?

Made exclusively from natural plant-based ingredients, 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, containing no common allergens including corn, dairy, gluten and soy. Move over cereal and toast, Vega is a better way to start your day.



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Formulated by Brendan Brazier, professional Ironman triathlete, vegan and best-selling author on performance nutrition.