



VEGECOMplete

DELICIOUS PLANT-DERIVED PROTEIN POWDER; AVAILABLE IN NATURAL CHOCOLATE AND NATURAL VANILLA FLAVOURS

NATURAL CHOCOLATE FLAVOUR | 570 G POWDER | NPN80049945 | VGMCHC-CN
NATURAL VANILLA FLAVOUR | 540 G POWDER | NPN80057655 | VGMVAN-CN

VegeComplete is a dairy-free, nutrient-rich functional food powder designed to help promote an optimal intake of protein, fats, carbohydrates, vitamins and minerals needed for overall wellness. It features a natural pea protein isolate as its protein source, and does not contain casein, lactose or gluten. VegeComplete is an ideal choice for people with allergies to milk and milk products who must avoid casein or whey proteins, and for those with lactose intolerance.

PEA PROTEIN

- Natural pea protein isolate made from non-GMO (nongenetically modified) North American grown yellow peas
- Produced using no chemical solvents
- Gluten- and grain-free
- Easy to digest
- Excellent array of amino acids, including healthy levels of the important branched chain amino acids (BCAAs)

ADDITIONAL HIGHLIGHTS OF VEGECOMplete

- Ideal meal supplement, with 16 g of protein per one scoop serving
- Excellent for low carbohydrate diets
- 100% vegetarian
- Quatrefolic™ - natural vitamin folates that are found in foods such as spinach and are immediately “active” and bioavailable to the human body. These natural folates are included rather than the potentially harmful synthetic folic acid, which is known to build up in the body as unmetabolized folic acid.
- Stabilized creatine - important for energy reserves and helps to increase muscle mass, strength and endurance. Vegetarians appear to have lower tissue creatine concentrations, since creatine is mostly found in animal foods such as herring, pork, beef, salmon and tuna.
- Glucomannan and fiber - included to support satiety, blood sugar balance and drink texture
- Conjugated Linoleic Acid (CLA) - naturally-occurring fatty acid shown to be useful in supporting proper fat burning, healthy blood sugar levels, and in modulating inflammation.
- Vitamin E in the form of Deltagold
- Chelated minerals for superior absorption
- Does not contain sucrose, fructose or artificial sweeteners
- Naturally sweetened with the herb stevia

WHO COULD BENEFIT FROM VEGECOMplete?

VegeComplete is suggested in combination therapies for:

- Nutritional support for vegetarians/vegans
- Lipid management
- Hypoglycemia
- Weight training/muscle maintenance
- Protein malnutrition
- Anorexia
- Weight management
- Blood sugar balance
- Detoxification support
- Athletes/bodybuilders who are sensitive to whey
- Cachexia
- Sarcopenia

NATURAL CHOCOLATE FLAVOUR

Medicinal Ingredients (per scoop/38 g):

Pea Protein (<i>Pisum sativum</i> -Seed) (80% protein)	16 g
Creatine (N-Methyl-N-guanylglycine)	550 mg
CLA (Conjugated linoleic acid)	120 mg
Mixed tocopherol concentrate (<i>Elaeis guineensis</i>)	100 mg
Pantothenic Acid (D-Pantothenic Acid)	100 mg
Taurine (2-Aminoethanesulfonic acid)	100 mg
Vitamin C (Ascorbic acid)	100 mg
Inositol (Myo-inositol)	50 mg
Niacinamide (3-Pyridinecarboxamide)	10 mg
Vitamin B1 (Thiamine)	10 mg
Vitamin B2 (Riboflavin)	10 mg
Vitamin B6	10 mg
Vitamin E	10 mg AT (17 IU)
Zinc	5 mg
Biotin	100 mcg
Folate (<i>Brassica oleracea var. italica</i> -Herb top)	100 mcg
Chromium	50 mcg
Vitamin B12 (Methylcobalamin)	50 mcg

Non-Medicinal Ingredients: Cocoa powder, vegetable fibre, cellulose, natural chocolate flavour, natural vanilla flavour, natural hazlenut flavour, glucomannan, inulin, vegetable cellulose, stevia leaf extract, silicon dioxide. **Recommended Dose:** Adults: Take one scoop in 240 ml (8 oz) of water or any other beverage a few hours before or after taking other medications once per day, or as directed by your health care practitioner. For prolonged use, consult a health care practitioner.

Nutrition Facts / Valeur nutritive	
Serving Size 38 g (1 Scoop) / Portion 38 g (1 mesure)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories T10	
Calories from fat / Calories de Matières Grasses 15	
Fat / Lipides 2 g	3 %
Saturated / Saturés 0.5 g	3 %
Carbohydrate / Glucides 10 g	3 %
Dietary Fibre / Fibres Diététiques 8 g	32 %
Soluble Fibre / Fibres Solubles 5 g	
Insoluble Fibre / Fibre Insoluble 3 g	
Protein / Protéines 16 g	

NATURAL VANILLA FLAVOUR

Medicinal Ingredients (per scoop/36 g):

Pea Protein (<i>Pisum sativum</i> -Seed) (80% protein)	16 g
Creatine (N-Methyl-N-guanylglycine)	550 mg
CLA (Conjugated linoleic acid)	120 mg
Magnesium (magnesium creatine chelate)	100 mg
Mixed tocopherol concentrate (<i>Elaeis guineensis</i>)	100 mg
Pantothenic Acid (D-Pantothenic Acid)	100 mg
Taurine (2-Aminoethanesulfonic acid)	100 mg
Vitamin C (Ascorbic acid)	100 mg
Inositol (Myo-inositol)	50 mg
Niacinamide (3-Pyridinecarboxamide)	10 mg
Vitamin B1 (Thiamine)	10 mg
Vitamin B2 (Riboflavin)	10 mg
Vitamin B6	10 mg
Vitamin E	10 mg AT (15 IU)
Zinc	5 mg
Biotin	100 mcg
Folate (<i>Brassica oleracea var. italica</i> -Herb top)	100 mcg
Chromium	50 mcg
Vitamin B12 (Methylcobalamin)	50 mcg

Non-Medicinal Ingredients: Vegetable fibre, cellulose, natural vanilla flavour, tapioca dextrin, glucomannan, inulin, silicon dioxide, vegetable cellulose, natural flavour, stevia leaf extract. **Recommended Dose:** Adults: Take one scoop in 240 ml (8 oz) of water or any other beverage a few hours before or after taking other medications once per day, or as directed by your health care practitioner. For prolonged use, consult a health care practitioner to see beneficial effects.

Nutrition Facts / Valeur nutritive	
Serving Size 36 g (1 Scoop) / Portion 36 g (1 mesure)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories T10	
Calories from fat / Calories de Matières Grasses 10	
Fat / Lipides 1.5 g	3 %
Carbohydrate / Glucides 14 g	3 %
Dietary Fibre / Fibres Diététiques 8 g	32 %
Soluble Fibre / Fibres Solubles 5 g	
Insoluble Fibre / Fibre Insoluble 3 g	
Protein / Protéines 16 g	