

SUGGESTED USE: Mix 1 scoop with 8-12 oz. of water or favorite beverage and thoroughly mix in a shaker or blender for 30 seconds. For best results, use 2 to 3 servings daily. **Notice:** Use this product as a food supplement only. Do not use for weight reduction.

Pure Vegan's Vegan Complete (with Multi-GuarD), is a complete Vegan protein meal replacement that will revolutionize Vegan nutrition with its broad spectrum of essential nutrients, vitamins, minerals, and complete proteins. Vegan Complete (with Multi-GuarD) rivals most popular whey protein powders with an impressive ratio of essential and non-essential amino acids from Pea Protein Isolate and Rice Protein Concentrate. This soy-free product incorporates a wholesome blend of whole grains, fruits, vegetables, enzymes, and Non-GMO proteins that mixes instantly. Vegan Complete (with Multi-GuarD) contains absolutely no animal protein, dairy derivatives, or animal derived nutrients. Enhanced with Multi-GuarD, this product will supply any individual with a foundation of nutrients and an elixir of age-defying anti-oxidants.

These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure or prevent any disease.

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Red Star® Nutritional Yeast is a registered trademark of Lesaffre Corporation
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Exclusively Manufactured for: Pure Vegan
1610 Whispering Wind Dr. • Phoenix, AZ 85085
1-800-798-0707 • www.pure-vegan.net



Please Recycle



PURE VEGAN

Vegan Complete



Meal Replacement with Multi-GuarD

26g of Pea and Rice Protein • 100% Animal Free
Equivalent to Eating 1 lb. of Fruits & Vegetables

A DIETARY SUPPLEMENT

• 1.42 LBS. (645 GRAMS) •

Vanilla

Supplement Facts			
Serving Size: 1 Scoop (43.0 g) • Servings Per Container: 15			
Amount Per Serving	% DV*	Amount Per Serving	% DV*
Calories	175	Molybdenum	38 mcg 51%
Calories from Fat	27	Potassium	50 mg 1%
Total Fat	3 g 5%	Alpha Lipoic Acid	50 mg †
Saturated Fat	0 g	L-Carnitine	40 mg †
Cholesterol	0 g 0%	Choline Bitartrate	40 mg †
Sodium	90 mg 3%	Inositol	40 mg †
Total Carbohydrate	11 g 4%	Quercetin	40 mg †
Dietary Fiber	4 g 16%	Grapeseed Extract 95%	15 mg †
Sugars	4 g	CoQ10	15 mg †
Protein	26 g 52%	PABA (para aminobenzoic acid)	5 mg †
Vitamin A (Alphabeads® natural mixed carotenoid complex containing Alpha-Carotene, Beta-Carotene, Gamma-Carotene & Lycopene)	12,500 IU 250%	Lycopene	2 mg †
Vitamin C	125 mg 208%	Boron	1 mg †
Vitamin D (as Ergocalciferol)	100 IU 25%	Typical Amino Acid Profile	
Vitamin E	200 IU 667%	Alanine	1325 mg †
Thiamine	25 mg 1667%	Arginine	1100 mg †
Riboflavin	25 mg 1471%	Aspartic Acid	3180 mg †
Niacinamide	75 mg 375%	Cysteine	510 mg †
Vitamin B6	25 mg 417%	Glutamic Acid	3650 mg †
Folic Acid	400 mcg 100%	Glycine	1175 mg †
Vitamin B12 (as Methylcobalamin)	500 mcg 8333%	Histidine	640 mg †
Biotin	150 mcg 50%	Isoleucine	1430 mg †
Pantothenic Acid	75 mg 750%	Leucine	2150 mg †
Calcium	100 mg 10%	Lysine	1725 mg †
Iodine	38 mcg 25%	Methionine	335 mg †
Magnesium	200 mg 50%	Phenylalanine	1550 mg †
Zinc	8 mg 53%	Proline	1350 mg †
Selenium	100 mcg 143%	Serine	577 mg †
Copper	1 mg 50%	Threonine	1260 mg †
Manganese	2 mg 100%	Tryptophan	280 mg †
Chromium	100 mcg 83%	Tyrosine	830 mg †
		Valine	1350 mg †

† Daily Value not established
*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Ingredients: **Vegan Protein Complex** (Pea Protein Isolate and Rice Protein Concentrate), Whole Grain Fiber Blend (Flax Seed, Quinoa, Amaranth, Millet, and Oat Bran), **VitaBerry® Hi-ORAC Fruit Blend** (Wild Blueberry Extract (Vaccinium angustifolium), Grape (Vitis Vinifera) and Grape Seed Extract, Raspberry (Rubus Idaeus) and Raspberry Seed Extract, Cranberry (Vaccinium Macrocarpon), Prune (Prunus Domestica), Tart Cherry (Prunus Cerasus), Wild Bilberry Extract (Vaccinium Myrtillus), and Strawberry (Fragaria Virginia) **VitaVeggie™ Hi-ORAC Vegetable Blend** 'HiActives' Broccoli, 'HiActives' Broccoli Sprout Extract, 'HiActives' Tomato Powder, 'HiActives' Carrot Powder, 'HiActives' Spinach Powder, 'HiActives' Kale Powder, 'HiActives' Brussel Sprout Powder & Onion Extract) **Proteolytic Enzyme Blend** (Papain from Papaya Powder & Bromelain from Pineapple Powder) **DigesebPlus® Plant Based Enzyme Blend** (Alpha & Beta Amylase, Protease I & II, Lactase, Lipase, Cellulase, Maltase & Sucrase) **MultiGuard** [Calcium Complex (from Calcium Citrate & Calcium Bis-Glycinate, Magnesium Complex (from Magnesium Citrate, Aspartate, Alpha-ketoglutarate, & Oxide) Vitamin C Complex (from Ascorbic acid & Ascorbyl Palmitate), Alphabeads® Mixed Carotenoid Complex (Alpha-Carotene, Beta-Carotene & Gamma-Carotene), Potassium Complex (from Potassium Aspartate, Citrate & Alpha-ketoglutarate), Vitamin E Complex (from d-Alpha Tocopherol Acetate, Succinate & Mixed Tocopherols) Pantothenic acid, Niacinamide, Thiamine, Riboflavin, Pyridoxine HCL, Zinc Amino Acid Chelate, Biotin, Manganese Gluconate, Copper Gluconate, Selenium Amino Acid Chelate, Methylcobalamin, Folic Acid USP, Selenomethionine, Chromium Picolinate, Molybdenum, Ergocalciferol, Potassium Iodine, Anti-oxidant Blend (Alpha Lipoic Acid, L-Carnitine Tartrate, Choline Bitartrate, Inositol, Quercetin, Grapeseed Extract, CoQ10, Para Aminobenzoic Acid, Lycopene), Fructose, Natural Vanilla Flavor & Stevia.