

Veg-E Complete Pro™ Chocolate and Veg-E Complete Pro™ Vanilla



**FOUNDATIONAL
HEALTH**



Features of Veg-E Complete Pro Chocolate and Veg-E Complete Pro Vanilla:

- A valuable source of several amino acids, including the nine essential amino acids
- Supports muscle building and recovery
- Supports satiety and fullness
- Supports cellular function and enzyme action
- Supports energy levels
- Supports gut health
- Supports hair, skin, and nails*



How Does the Protein in Veg-E Complete Pro Support Health?

These products may be beneficial to anyone who needs more protein in their diet, including aging patients who may need muscle support, athletic patients who may need support for muscle repair and recovery, and patients who may want to support healthy weight and glucose management.* 1-6

Available Sizes:

- Veg-E Complete Pro Chocolate**
- 26 Ounces
 - 1.4-oz packets, 10/box

Supplement Facts

Serving Size: 4 heaping tablespoons (scoops) (approx. 40 g)
Servings per Container: 18

	Amount per Serving	%Daily Value
Calories	160	
Total Fat	4 g	5%*
Saturated Fat	1 g	5%*
Total Carbohydrate	12 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	4 g	†
Includes 4 g Added Sugars		8%*
Protein	15 g	30%*
Calcium	40 mg	3%
Iron	5 mg	28%
Sodium	240 mg	10%
Potassium	480 mg	10%
Proprietary Blend	24 g	†
Organic pea protein, organic pumpkin seed protein, and organic sesame seed protein.		

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.
Other Ingredients: Organic cocoa (processed with alkali), organic evaporated coconut tree sap (sugar), gum acacia, organic sunflower lecithin powder, maltodextrin, sea salt, monk fruit extract, organic guar gum, natural flavors, and xanthan gum.

Veg-E Complete Pro Vanilla

- 26 Ounces
- 1.4-oz packets, 10/box

Supplement Facts

Serving Size: 4 heaping tablespoons (scoops) (approx. 34 g)
Servings per Container: 18

	Amount per Serving	%Daily Value
Calories	130	
Total Fat	2.5 g	3%*
Total Carbohydrate	7 g	3%*
Dietary Fiber	2 g	7%*
Total Sugars	4 g	†
Includes 4 g Added Sugars		8%*
Protein	15 g	30%*
Calcium	20 mg	2%
Iron	4 mg	22%
Sodium	280 mg	12%
Potassium	200 mg	4%
Proprietary Blend	26 g	†
Organic pea protein, organic pumpkin seed protein, and organic sesame seed protein.		

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.
Other Ingredients: Organic evaporated coconut tree sap (sugar), maltodextrin, arabic gum, sea salt, organic guar gum, natural flavors, organic sunflower lecithin powder, and monk fruit extract.

Please consult the actual product label for the most accurate product information

Why Plant-Based Protein?

These products are a convenient, great-tasting way to add more protein to the diet.

These products provide a plant-based alternative for those that prefer vegan protein sources. Pea, pumpkin, and sesame proteins are combined to provide a valuable source of several amino acids, including the nine essential amino acids.

NOTES

DOSAGE AM

PM

Veg-E Complete Pro™ Chocolate and Veg-E Complete Pro™ Vanilla



FOUNDATIONAL
HEALTH

Support for Aging Adults

Aging adults may benefit from dietary protein intake at 1.0 to 1.5 grams per kilogram per day^{1,2,3} which is above the recommended daily allowance, in order to preserve lean muscle mass and support muscle-building response to exercise.¹

Support for Athletes

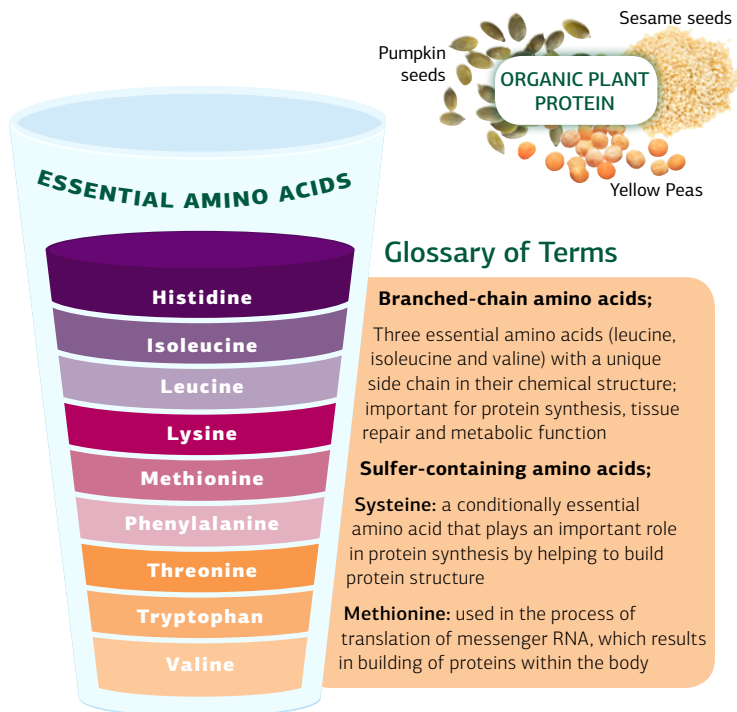
The International Society of Sports Nutrition recommends that athletes may benefit from consuming 1.2 to 2 grams of protein per kilogram of body weight to support metabolic processes and repair.⁴

Support for Glucose Management

Those with glucose⁵ and weight-management⁶ challenges may benefit from protein supplementation. Protein also plays an important role in cellular function and enzyme action while also supporting hair, skin, and nails.*

The Essential Amino Acids

The human body cannot create essential amino acids, so they must be consumed through the diet. Veg-E Complete Pro products contain all nine essential amino acids.*



Glossary of Terms

Branched-chain amino acids;

Three essential amino acids (leucine, isoleucine and valine) with a unique side chain in their chemical structure; important for protein synthesis, tissue repair and metabolic function

Sulfur-containing amino acids;

Systeine: a conditionally essential amino acid that plays an important role in protein synthesis by helping to build protein structure

Methionine: used in the process of translation of messenger RNA, which results in building of proteins within the body

REFERENCES

1. Academy of Nutrition and Dietetics. 2012. Position of the Academy of Nutrition and Dietetics: Food and Nutrition for Older Adults: Promoting Health and Wellness. *J Acad Nutr Diet.* **112**, 1255-1277 (2012).
2. Deutz, N, Bauer J, Barazzoni R, et al. Protein Intake and Exercise for Optimal Muscle Function with Aging: Recommendations from the ESPEN Expert Group. *Clin Nutr.* 929-36 (2014).
3. Paddon-Jones D, Rasmussen B. Dietary Protein Recommendations and the Prevention of Sarcopenia. *Current Opin Clin Nutr Metab Care.* **12(1)**, 86-90. (2009)
4. Campbell B, Kreider R, Ziegenfuss T, et al. International Society of Sports Nutrition Position Stand: Protein and Exercise. *J Intl Soc Sports Nutr.* **4**, 8 (2007).
5. Gannon, M, Nuttall F, Saeed A, Jordan K, Hoover H. An Increase in Dietary Protein Improves the Blood Glucose Response in Persons with Type 2 Diabetes. *Am J Clin Nutr.* **78**, 734-41(2003).
6. Layman D, Boileau R, Erickson D, et al. A Reduced Ratio of Dietary Carbohydrate to Protein Improves Body Composition and Blood Lipid Profiles During Weight Loss in Adult Women. *J Nutr.* **133**, 411-7 (2003).



Healthy Soil. Healthy Planet. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a wholistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.