

**ALL NEW!**  
PLANT-BASED ESSENTIALS

**KETO**  
APPROVED

**NORTH  
COAST  
NATURALS**™/MC

# COMPLETE VEGE PRO-7™/MC

- ▲ 7 organic non-GMO plant-based proteins
- ▲ Naturally flavoured: Vanilla or Chocolate
- ▲ Mixes easily (no blender required)
- ▲ 20 g of complete undenatured protein
- ▲ Formulated without soy, dairy, gluten or pea
- ▲ Easily digested & low allergenicity
- ▲ With 3–4 g of natural fibre and 0 g of sugar



**If you're looking to meet all your protein and amino acid needs, Complete Vege Pro-7 has you covered.** Getting enough quality protein is often a challenge. This blended vegan protein offers one of the best and most convenient options for individuals looking to incorporate more plant-based proteins into their diet without having to compromise on quality and digestibility. Complete Vege Pro-7™ provides seven non-GMO organic proteins: sprouted brown rice, pumpkin seed, hemp seed, sprouted quinoa, chia seed, coconut and alfalfa. It mixes easily, tastes great in just water or your favourite smoothie, and is suitable for those with food sensitivities. Seven organic proteins, great taste, mixes readily with just water in a shaker cup, super-convenient—what more could you ask for?



NON-GMO



NATURAL



VEGAN

Direct from our 2 (BC & Ontario) warehouses  72 hours coast to coast

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THE WAY IT SHOULD BE

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**20 G PROTEIN\*** **4 G FIBRE\*** **0 G SUGAR\***

\*PER SERVING

**NORTH  
COAST  
NATURALS** TM/MC

### COOKIE DOUGH PROTEIN BALLS

Want to make a nut-free version for those with nut allergies or sensitivities? Substitute the almond meal with coconut flour and the nut butter with sunflower seed butter or pumpkin seed butter. Although coconut contains the word "nut" it is in fact a seed of a fruit and according to Food Allergy Canada "are not usually restricted from the diet of someone allergic to tree nuts." If you're a chocolate lover use Chocolate Vege Pro-7 instead and add a teaspoon of organic cocoa powder for an extra chocolaty kick!

2 scoops of North Coast Naturals Vege PRO-7 vanilla protein

1 cup of almond meal (finely ground almonds) or coconut flour

½ cup of nut butter (peanut, almond, cashew or combination thereof)

¼ cup of maple syrup or honey

¼ cup of dairy-free mini chocolate chips

Optional ¼ cup North Coast Naturals Hemp Seed Hearts

1. Place your protein powder and almond meal in a medium-sized bowl, and mix.
2. Add nut butter and maple syrup (or honey). Mix again. At this point, you want the batter to be the consistency of cookie dough.
3. Lastly, add in chocolate chips and mix one last time. Roll mixture into spoon-size balls.
4. In a bowl, add hemp hearts and then roll the protein balls in the hemp hearts.

**A recent Nielsen global Survey found that over ¼ of consumers want more plant-based proteins on store shelves<sup>i</sup>.** This increased demand is in large part driven by consumers becoming aware of the health-promoting benefits of incorporating more plant-based foods into their diets. Research has clearly shown that eating more plant-based protein can benefit one's health in general<sup>iii</sup> while "improving recovery from training"<sup>iv</sup> in specific. Health Canada, Harvard School of Public Health, and Tufts University, to name a few, have all gone on record and recommended the consumption of more plant-based proteins. Gram for gram plant proteins are more nutrient dense than animal proteins and contain fibre that animal proteins do not. A common myth is that plant-based proteins are incomplete and consuming them will lead to specific amino acid deficiencies. Although some plant-based proteins are incomplete, many others are not. Although several of the plant proteins in Vege Pro-7 are complete on their very own, when you combine 7 plant proteins together into one formula you're getting an unmatched vegan protein that provides a full complement of all the essential and branched chain amino acids.

### Nutrition Facts Valeur nutritive

Per scoop (29 g)  
pour mesure (29 g)

<b>Calories 100</b>	<b>% Daily Value*</b>
<b>% valeur quotidienne*</b>	
<b>Fat / Lipides 1 g</b>	<b>1 %</b>
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 5 g</b>	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 20 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 10 mg</b>	<b>1 %</b>
Potassium 150 mg	3 %
Calcium 50 mg	4 %
Iron / Fer 3 mg	17 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** 7 organic proteins (sprouted brown rice, pumpkin seed, hemp seed, sprouted quinoa, chia seed, coconut, alfalfa), natural flavours, purified stevia leaf extract (deberttered), cinnamon, guar gum.

**Suggested use:** Mix or shake 1 serving of powder in 150-250 ml of water, milk, juice or your favourite beverage.

 **NON-GMO**



<sup>i</sup> <https://foodallergy.ca/allergies/tree-nuts/>

<sup>ii</sup> <https://www.nielsen.ca/en/insights/news/2017/plant-based-proteins-are-gaining-dollar-share-among-north-americans.html>

<sup>iii</sup> AMA Intern Med. 2016;176(10):1453-1463. doi:10.1001/jamainternmed.2016.4182

<sup>iv</sup> J Int Soc Sports Nutr. 2017 Sep 13;14:36.

190627-1545