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### **Brendan brazier on mindbodygreen**

Brendan is the best-selling author of Thrive book series, formulator of the award-winning Vega nutrition line and creator behind Thrive Forward.

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Brendan Brazier (born March 1, 1975 in Vancouver, British Columbia) is a Canadian former endurance athlete, author, advocate of a vegan diet, and creator of the Vega

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Brendan Brazier - Former professional Ironman triathlete, bestselling author and formulator of the award-winning plant-based Vega nutritional products.

### **Contributors | thrive forward**

Brendan Brazier is a former professional Ironman triathlete and two-time Canadian 50km Ultra Marathon Champion. He is now a successful performance nutrition

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